

Local ROK students dubbed honorary pilots at Kunsan

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A student participating in the 8th Fighter Wing Honorary Pilot Program takes the 5th generation F-35 Lightning II trainer cockpit for a spin at Kunsan Air Base, Republic of Korea, Nov. 4. The program gave students a glance of what an F-16 pilot's life is like at Kunsan. They were able to receive a tour of an F-16 static display, F-35 Lightning II simulation, tour of the base tower, tower simulation, 35th Fighter Squadron tour and participated in hands on activities. (U.S. Air Force photo by Senior Airman Brittany Y. Auld/Released)

By Senior Airman Brittany Y. Auld
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- More than 20 sixth grade students from 20 different middle schools in the local area received a chance to participate in the first-ever 8th Fighter Wing Honorary Pilot Program here Nov. 4.

The program gave students a taste of what an F-16 Fighting Falcon pilot's life is like here at Kunsan. They were able to receive an F-16 static display tour, F-35 Lightning II simulation, tour of the base tower, tower simulation, a tour of the 35th Fighter Squadron and participated in hands-on activities such as dressing in a pilot's outfit.

"I feel the interaction between Kunsan AB and the local community is of the

utmost importance," said 1st Lt. Shayne Carroll, 35th FS pilot. "We are guests in their city and it is important we show how grateful we are for the warm welcome each member of our armed forces receives when arriving to Kunsan AB."

The students were chosen by their student body leaders at their schools, one student per school.

These select students began their day with a tour of an F-16 static display followed by an introduction to simulated flight provided at the Loring Club by the Lockheed Martin F-35 Simulator. After completing the simulator the students made their way to the food court for lunch at the Exchange and proceeded to the control tower for a tour and a chance to use the tower simulator.

"I think events like the Honorary Pilot Program provide our Airmen the oppor-

tunity to reach out to the local community and 'bridge the gap' between our lives and theirs," Carroll said.

Following the tower simulator, the students were taken to the 8th Operations Support Squadron's aircrew flight equipment shop and introduced to all the equipment pilots wear on a daily basis. This tour included an opportunity for a few students to completely dress from head to toe as if they were flying.

Additionally, AFE Airmen explained the process behind packing the parachutes pilots wear and pulled apart a survival seat kit so the children could see exactly what they would have if they had to eject out of an F-16.

After learning how to survive as an F-16 pilot in an emergency situation, the students toured the 35th FS and were awarded their Honorary Pilot Certifi-

cates by Lt. Col. Steven Boatright, 35th FS commander.

"At the end of the day each student was deemed an Honorary 8th Fighter Wing pilot," said Ms. Rosemary Song, 8th FW public affairs community relations specialist. "They will be an ambassador of 8th FW and USAF at their school."

Several base agencies came together to put this program in motion. These agencies included: 35th FS, 35th Aircraft Maintenance Unit, 8th OSS aircrew flight equipment and tower operations and 8th FW public affairs community relations.

"Neither the community nor the base would be the same without each other, the relationship is important to our operations here in the Republic of Korea," said Carroll.

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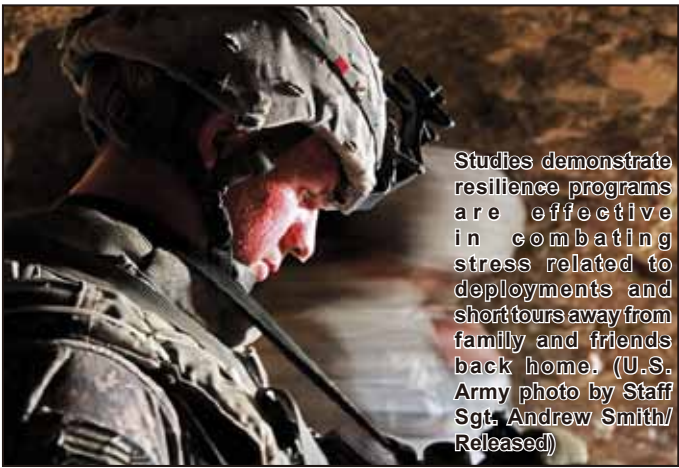
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Building resilient Airmen



By Capt. Michael Fischer
8th Medical Operation Squadron

KUNSAN AIR BASE, Republic of Korea -- Resiliency is a word that has been heavily emphasized recently in military culture. It has become a word linked with military suicide prevention, family reintegration and overall emotional well being. However for many Airmen, resiliency is something they are told they have to do but don't really understand what it means.

Lt. Col. Marlin Moore, 8th Medical Operations Squadron mental health flight commander, describes resiliency as a teeter totter.

On one side is a person's positive coping skills and things that are part of their quality of life, such as their car, family, etc. On the other side are all the stressors and issues they are dealing with in their professional and personal life.

When they face hard, life situations, it is common for the stressor side to rise and the residency side to lower, which causes the person to become distressed. In order to rebalance the teeter totter, the person must be able to utilize their positive ways to handle stress. Otherwise, the stressful side of the teeter totter will remain higher than the other side, the colonel said.

"This is even more apparent at a remote tour like Kunsan where a person's coping strategies are so severely compromised due to not being around their usual support systems and personal stuff, while dealing with a high ops tempo," Moore said.

Additionally, Moore said a number of people lower their resiliency by making poor choices when they arrive at Kunsan, such as irresponsible drinking and not seeking help before it gets to a point where it is almost too late to prevent a negative outcome.

Kunsan offers numerous ways for people to get help with emotional issues. There are several agencies here to assist Airmen in need: the Mental Health Clinic in Building 302, 782-4841; the Base Chapel in Building 501, 782-4300; and the Military Life Consultant in Building 1051, 782-2297, offer counseling and supportive services.

Unlike physical fatigue, resiliency does not naturally replenish itself.

"It takes a conscious effort to replenish a person's resiliency stock pile," Moore said. "Taking time to do things like reading a book, working out, and talking to loved ones can help to strengthen emotional resolve."

"However, everybody is different so the most important thing to remember when referring to resiliency is the activity should be meaningful and relaxing."

Another key part of rebuilding resiliency is taking and having the time to do things that are meaningful and relaxing. In high ops areas like Kunsan, this can be a challenging task, because many times it seems like a person must choose between sleeping and relaxing. Sleeping replenishes the body, while relaxing offers emotional release.

However, Moore encourages Airmen to find a way to achieve balance if possible by looking at what you want to do and need to do. Sometimes it is a simple matter of a person realizing they have to take time for themselves, while looking at how to take care of their physical, emotional, and spiritual needs.

Maj. Christine Blice-Baum, 8th Fighter Wing chaplain, said spiritual fitness or readiness is a key part of building resiliency.

"Spiritual resiliency involves finding joy and meaning in life and helps to find focus on what's really important," Blice-Baum said. "Spirituality then becomes a source of resiliency and a strong foundation to weather the difficulties and changes of daily life."

Life can be a hectic merry-go-round of stress causing queasy and nervous feelings. Sometimes Airmen have to remember to step back from this merry-go-round and ride the teeter-totter until the stomach settles down to avoid decorating the ground with our emotional lunch. Taking time to settle things offers the chance to find balance in all things.

The Importance of Recognition



By Maj Richard H. Worcester
51st Maintenance Operations Squadron Commander

OSAN AIR BASE, Republic of Korea -- Ask yourself a question, what inspires you to do what you do each day? Is it patriotism, money, security, structure, tradition, benefits or something else? Next, ask yourself as a supervisor of others, regardless of rank, do you understand what inspires your personnel? If so, than how do you properly and periodically recognize those individuals who may be motivated by different things than you?

The beauty of this question is the

answer can be just as diverse as what motivates us as individuals.

We have all worked with individuals who are inspired by different means of recognition. Some individuals value a letter of appreciation, public recognition, nomination for awards, and some are inspired by a simple handshake and personal thank you. This is our challenge as supervisors to continually strive to determine how to recognize our personnel and say thank you.

If we take a step back and think about the fact as Airmen, we are commonly trained and educated by our great profession, we can quickly realize that there are many different ways to recognize individuals for their contributions whether based on performances solely on-duty or potentially on and off-duty.

Just as in most functional communities, the aircraft and munitions maintenance community offers a multitude of functional specific awards in addition to the other recurring awards offered to most if not all functional communities. This medium provides an avenue for supervisors to highlight and recognize those who have truly stood out among others.

Even though periodic awards are a great way to recognize those who have separated themselves, I would caution that recognition doesn't deserve place-

ment solely on a calendar basis. Even though, we have just passed the fiscal year award period and are quickly approaching the next end of quarter and annual award nomination period, this shouldn't restrict us from recognizing the personnel who are doing great things, but may not have the numbers of things which qualify them for the prestige of an award nomination.

Over the past 15 years, I have had the opportunity to work for some truly phenomenal and inspirational leaders. One of the gestures they all had in common is the openness to recognize personnel who are highlighted to them as standouts.

With this idea, I would challenge supervisors at all levels to know their personnel and know when they have done something which is deserving of recognition. If you believe that someone is deserving of recognition for improving something, community or unit involvement or simply making a positive impact towards mission execution, they may be worthy of recommendation to leadership for recognition.

Regardless of rank or position, everyone appreciates recognition for their contributions. The challenge to us as supervisors is continually striving by all means and by all efforts to determine what inspires our personnel to achieve their best.

Rabies: Surviving a potentially fatal disease



According to the Humane Society of the United States, the raccoon is one of four wild animals in the United States (including the fox, skunk and bat) considered to be primary carriers of the rabies virus. Despite the concern and fear surrounding rabies, advances in public education, vaccination of pets and post-exposure treatment have greatly reduced the risk to humans. (Courtesy photo)

By Senior Airman De'Nea Fayall
8th Medical Operations Squadron
Public Health

KUNSAN AIR BASE, Republic of Korea -- Rabies is not commonly found

of a rabid animal. Rabies affects the central nervous system, causing disease in the brain and ultimately death. Death usually occurs within days of the onset of symptoms which may include; fever, headache, general weakness or fatigue, anxiety, slight or partial paralysis, excitement, hallucinations, excess salivation, and difficulty swallowing.

We can't tell if someone has been exposed to the virus by just looking at them. We can only know once they start having symptoms and that may be too late. If an incident is reported properly, Prophylaxis can be administered to prevent most, if not all symptoms.

On Aug. 31, a U.S. Army Soldier died of rabies from contact with a dog while deployed to Afghanistan. Upon Public Health investigations conducted at the soldier's home-station, it was found that other members of the soldier's unit also came in contact or were bit by stray dogs during their deployment. Those soldiers failed to notify medical personnel of their potential exposure. If they had, the soldiers would have received extensive amounts of Rabies Prophylaxis and that soldier's death could have been prevented.

Recently, an Airman from Kunsan AB was involved in an animal bite. The Airman did not report the incident to medical personnel until three days after the incident occurred. At that time, the case was categorized as HIGH RISK and immediate Rabies Prophylaxis was initiated. Thanks to the Airman's supervisor ordering him to report, he survived the incident.

It is imperative all individuals involved in an animal bite or scratch incident report to the nearest emergency room and/or ambulatory services as soon as possible, as this could be a life or death situation.

Ambulatory services at Kunsan AB are available 24/7 and can be reached by dialing 911 from any base land-line phone or 119 from off base. If an incident occurs during duty hours please report immediately to the main clinic. If you have further questions regarding rabies you can visit the Center for Disease Prevention and Control at www.cdc.gov or contact the Kunsan Public Health Office at 782-4510/4509.

Equal Opportunity office relocates to better serve Osan

By 1st Lt. Angela Clapp
51st Fighter Wing Equal Opportunity

OSAN AIR BASE, Republic of Korea -- In order to better serve its customers, the Osan Equal Opportunity (EO) office has moved to Bldg. 819.

The move was orchestrated in an effort to increase accessibility to the base populace. Our hope is that the level of anonymity afforded by our new location will put people at ease when coming to see us for EO related concerns.

Typically, people are already on edge when they need to come see us. Therefore, our goal is to make that process easier.

Our new office is located across the

street from the base exchange in the same building as the Air Force Audit Agency and just down the sidewalk from AFN Osan. Although there are a few small tasks to finish, such as signs and locks, we are mostly settled.

Our phone numbers will remain the same, in order to make this move as seamless as possible for everyone.

One question everyone asks us, unrelated to our move, is what is up with the repeal of Don't-Ask-Don't-Tell policy? Is sexual orientation now a protected category covered by the EO purview?

Sexual orientation is no longer a bar to military service, and the military will not tolerate harassment, discrimination, or violence against any service

member, for any reason including their sexual orientation.

Members who engage in such behavior may be punished under Article 92 of the Uniform Code of Military Justice for violation of a lawful, disobeying an order, or dereliction in the performance of duties.

They may also face punishment under other articles in the UCMJ, dependant on the case. Those who feel they have been harassed or discriminated against because of their sexual orientation should address the issue through their command channels or the Inspector General.

For civilian government employees, DoDD 1020.02 prohibits unlawful employment discrimination based on sex-

ual orientation. Additional guidance can be found in Executive Order 11478 and 13160, the U.S. Office of Special Counsel (OSC). Contracted employees should discuss all issues of this nature with their company of employment.

Although sexual orientation is not within the EO purview, the Air Force's goal is to maintain a harassment-free environment for its military members and civilian employees.

Leaders and supervisors at every level have a responsibility to take appropriate action to prevent and address harassment based on sexual orientation. At the moment, all issues and concerns about sexual orientation will be directed to the IG or the individual's the chain of command.

Osan Air Base UCMJ Disciplinary Actions –1 - 15 November

Rank	Offense Description	Punishment Imposed
SrA	Violated: Art. 92 Failure to obey a lawful order; Art. 95 Resisting Apprehension	<ul style="list-style-type: none">• 45 days extra duty• 45 days restriction• Reduced to Airman First Class (suspended)• Reprimand

Run Forest, Run!

51st Fighter Wing Legal Office

After a long night out in Songtan, there is nothing tastier than a sizzling kebab. Just remember, if you plan on stopping to

get one, you might want to leave enough time to make sure you make curfew. Our feature 15 this week decided a kebab was more important than being back on base. Sadly, the kebab defense has yet to be recognized by the UCMJ. When town

patrol saw our Feature 15 stepping out of Mr. Kebab, he was out of time and out of luck. But, not out of breath – since he apparently felt the best thing to do was go for a run. Our Feature 15 made a gallant sprint before falling flat on his face after

about 200 ft. While he may not be cut out for the starting line-up of the Chargers, he did get charged with resisting arrest and violating curfew. Remember: Kebabs are great, but they are best enjoyed before curfew and not on the run.

Wolf Pack congratulates new Chief promotion selectees



Col. Stephen Williams, 8th Fighter Wing vice commander, congratulates Senior Master Sgt. Bradley Plante, 8th Maintenance Squadron, on his selection for promotion to Chief Master Sgt. at Kunsan Air Base, Republic of Korea, on Nov. 3. (U.S. Air Force photos by Staff Sgt. Rasheen Douglas/Released)



Left: Lt. Gen. Jeffrey A. Remington, Seventh Air Force, Air Forces Korea commander, congratulates Senior Master Sgt. Kimberly Armijo, 8th Maintenance Squadron first sergeant, on her selection for promotion to Chief Master Sgt. at Kunsan Air Base, Republic of Korea, on Nov. 3.

By Staff Sgt. Rasheen A. Douglas
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Lt. Gen. Jeffrey A. Remington, Seventh Air Force, Air Forces Korea commander, visited the Wolf Pack Nov. 3 to congratulate four new senior master sergeants that were selected to the grade of chief master sergeant.

They made up four of the 487 senior master sergeants selected for promotion.

The Air Force selected about 22 percent of those up for the promotion, according to the Monday announcement. The average score was 659.88. The average time in grade was 3.09 years and time in service was 22.85 years. Some 2,201 senior master sergeants were eligible for promotion.

The promotions will begin in January after the selection verification process. Air Force Personnel Center officials will contact anyone whose selection is in question.

Maintaining Individual Medical Readiness has gotten easier

By Tech. Sgt. Chad Thompson
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- All military members are required to remain current on all components of Medical Readiness each year to ensure they are ready to deploy.

It's important for all service members assigned to Osan to maintain a high level of readiness so that the base can meet the wing commander's priorities.

The Air Force Medical Service has developed a website that can be accessed by medical professionals, unit leaders, and individual Airmen. It can be viewed 24 hours a day and will give allow active duty members to track their Individual Medical Readiness, or IMR status.

IMR includes: PHAs, Immunizations, Dental Exams, Laboratory tests, and medical equipment such as Gas Mask Inserts.

"The site simply gives dates and is color coded to tell the person if they are current (green), due (yellow) or overdue (red) along with information on how they can complete any requirement they are currently due for," said Tech. Sgt. William Johnston, 51st Aerospace Medicine Squadron.

He said there are several different methods that the staff uses to get this type of information out to individuals and they are in

the process of trying to get Osan's medical readiness rate as high as possible.

"With all the different methods we have, we are also trying to get people into the routine of checking on their status at least monthly," Johnston said. "It's the individual's responsibility to remain current on all aspects of IMR."

In addition, commanders, unit deployment managers and unit health managers can access this site to follow unit level IMR status, create unit reports and obtain information on their personnel.

To access myIMR and view your individual information, follow these steps:

- Log onto the Air Force Portal.
- Under "Featured Links," select "Fitness & Health."
- Then select "Medical Readiness - Deployment Health."

-- Next, the screen will display the ASIMS Web DoD Notice and Consent page. Read and click "ok."

-- The top box is for the individual member: "My Individual Medical Readiness Status"

For those Osan members who require it, the Post Deployment Health Re-Assessment (DD Form 2900) can also be accessed through this site.

For more information call Force Health Management at 784-2515.

Osan's members to be selected for promotion to Chief



51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Please congratulate the following Osan Air Base Airmen who were selected this year to serve in the highest enlisted rank:

Darnell Burton, 51st Operations Support Squadron
Nina Gilliam, 51st Aerospace Medicine Squadron
Jeffrey Hernquist, 5th Reconnaissance Squadron
Melvin Jobe, 51st Munitions Squadron
Timothy Ross, 51st Logistics Readiness Squadron
Daniel Simpson, 51st Civil Engineer Squadron
Robert Speigner, 731st Air Mobility Squadron
Richard Stiles, 51st Force Support Squadron
Harold Whisler, 51st Munitions Squadron

Osan maintainer competes in Kona IRONMAN

By Airman 1st Class Michael Battles

51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- A 51st Maintenance Operations Squadron senior weapons coordinator competed in the 2011 Ford IRONMAN World Championship in Kailua-Kona, Hawaii Oct. 8, 2011.

Staff Sgt. Bradley Williams finished 225th out of nearly 1,800 competitors from around the world in the 140.6 mile IRONMAN challenge.

"My dream competition was to race in Kona; now that I have raced there, I accomplished a dream," Williams said.

An IRONMAN challenge consists of a 2.4-mile swim, 112-mile bike race and 26.2-mile run. The Kailua-Kona race originally began as three separate events -- the Waikiki Rough-water Swim, the Around-Oahu Bike Race and the Honolulu Marathon. The three events merged in 1978 into what is now the IRONMAN.

Over the next 33 years, the number of competitors increased from a meager 15 to 1,800 professional athletes. Despite the high level of competition, Williams finished 32nd in the 25 to 29 age bracket with an official time of 9 hours, 36 minutes, and 39 seconds.

Williams trains 13 to 20 hours a week to prepare him for endurance competitions. He has competed in more than 70 marathons, triathlons and IRONMAN competitions, 20 events this year alone.

"I self-coached for the first two and half years that I competed in endurance sports," said the 25-year-old athlete. "When I made the jump to IRONMAN, I wanted a coach to oversee my schedule and lay everything out for the competition. I chose Scott Defilippis a pro tri-athlete and we ended up having great success our first year together."

Former training partner Capt. Zach Garrett, 23rd Aeromedical Squadron Human Performance Flight commander at Moody Air Force Base, is now coaching Williams for his next endurance competition from halfway around the globe.

"Training with (Williams) is great because he's always willing to do the difficult stuff, such as start a workout right at daybreak or even when there's a good chance of rain," Garrett said. "Those are the admirable quali-



Staff Sgt. Bradley Williams, 51st Maintenance Operations Squadron senior weapons coordinator, crosses the finishline of the 140.4 miles the 2011 Ford IRONMAN Championship in Kailua-Kona, Hawaii Oct. 8, 2011. An IRONMAN challenge consists of a 2.4-mile swim, 112-mile bike race and 26.2-mile run. (Courtesy photo by Jennifer Loos)

ties that show how bad someone wants to attain a goal."

Williams' overall goal now is to stand on the podium in his age group at the IRONMAN 70.3 World Championship or IRONMAN World Championship in Kona.

With only two official slots available to represent the U.S. Air Force at the 2012 Ford IRONMAN Championship in Kailua-Kona, Hawaii, Williams will train for next year's competition with hopes of earning one.

"I was the second overall military finisher this year, but since I was not an official representative it did not count for the individual or team categories," Williams said. "I believe I have a good shot at doing well again at Kona next year, and I would like to be the official representative."

Until then, Williams is setting his sights on the 2012 Tour de Korea, which is an 800-mile endurance cycling competition throughout the Republic of Korea in April.



Staff Sgt. Bradley Williams, 51st Maintenance Operations Squadron senior weapons coordinator, participates in an early biking training ride before the 2011 Ford IRONMAN Championship in Kailua-Kona, Hawaii. An IRONMAN challenge consists of a 2.4-mile swim, 112-mile bike race and 26.2-mile run. (Courtesy photo)

USFK commander extends curfew through January 6

By UNC/CFC/USFK Public Affairs Office

SEOUL, Republic of Korea -- U.S. Forces Korea announced today that Gen. James D. Thurman, U.S. Forces Korea commander, is extending the curfew for military personnel on the peninsula until Jan. 6, 2012.

Thurman reinstated the curfew for 30 days on Oct. 7, and is now extending it for an additional 60 days as a temporary force protection measure to ensure the continued mission readiness of the command and to assess the current operational environment.

"I firmly believe that military discipline is the foundation of mission-ready, well-trained and effective organizations," he said. "We must maintain mission readiness and the strength of the Republic of Korea-U.S. Alliance."

The off-installation curfew is in effect from midnight to 5 a.m. on Monday through Friday and 3 a.m. to 5 a.m. on Saturday, Sunday and U.S.-observed holidays including U.S. national holidays, USFK training holidays, and U.S.-observed ROK holidays.

The curfew applies to all U.S. Armed Forces service members while in Korea, except for military personnel attached to the U.S. Embassy or Joint U.S. Military Affairs Group - Korea. Military family members, DoD civilians, and DoD-invited contractors/technical representatives, and their respective family members and visiting guests, are encouraged to abide by this policy.

U.S. law enforcement personnel throughout Korea will continue to work closely with their local Korean National Police counterparts for assistance with curfew monitoring and enforcement.

"We've got to ensure all of our service members re-

main focused on our well-defined mission," said Thurman. "Both of our nations are counting on us to deter aggression, and if that should fail, to fight tonight."

Thurman made the decision to temporarily extend the curfew to Jan. 6, 2012, after consulting with service component commanders and Republic of Korea leaders. During this period, he will continue to assess the USFK force protection posture as well other issues, including operational and mission readiness within USFK.

The command rescinded the previous curfew July 2, 2010, which had been in place for nine years. The command's curfew policy provides the flexibility for commanders to re-impose a curfew or other restrictions as deemed appropriate due to operational or other considerations and in accordance with appropriate directives and regulations.

F-35 trainer demo showcased at Kunsan

By Senior Airman Benjamin Stratton
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- A training demonstration team from Lockheed Martin Aerodynamics came here Nov. 1 to 4 with a 5th generation F-35 Lightning II trainer cockpit for Kunsan's Airmen to try out and for the 8th Fighter Wing's pilots to get a taste of what is to come.

"I think this has been great for us," said Stormy Boudreaux, an F-35 instructor pilot with Lockheed Martin and retired Air Force fighter pilot of 24 years. "What we're doing is showcasing the U.S. military's state of the art aircraft and letting Kunsan see what it's all about."

Boudreaux said though flying aircraft is unique to the pilots, this trainer demo also gives maintainers, defenders, services and anyone else interested a chance to get in the cockpit and have hands-on the new multi-role fighter.

"I've always wanted an incentive flight," said Master Sgt. Trevor Jackson, 8th Force Support Squadron dining facility section chief. "But this was great! It definitely gives us non-flyers a broader spectrum of the mission."

Jackson was one of the first to jump at the chance and test drive the new equipment.

"It was definitely way better than any video game I've ever played, and those feel life-like at times," he continued. "They say the trainer is exactly what it's like and I could tell it definitely has that 'real feel' to it. I loved it."

This was certainly one experience all Kunsan Airmen had the opportunity to enjoy, though the trainer demo officials

said they brought the device here for more than just the fun it provides.

"We use this as a development tool," Boudreaux said.

"Sometimes maintenance can give us things to incorporate into the designs to save money and improve the overall maintenance of the aircraft," said Joel Malone, Lockheed Martin's F-35 customer engagement spokesman and retired Air Force fighter pilot as well. "It's important for us to know what the war fighter needs to accomplish their mission, and for us this is everyone involved in getting that aircraft in the air."

The F-35 integrates advanced stealth technology into a highly agile, supersonic aircraft that provides the pilot with unprecedented situational awareness and unmatched lethality and survivability, Lockheed Martin officials said.

"While each variant is uniquely designed to operate from different bases, all three variants set new standards in network-enabled mission systems, sensor fusion, supportability and maintainability," said Boudreaux. "This effectively redefines the multi-role fighter."

This new aircraft is said to replace four active duty aircraft: the Air Force's F-16 Fighting Falcon and A-10 Thunderbolt II, the Marine Corps' AV-8B Harrier II and the Navy's F/A-18 Super Hornet.

Currently there are six F-35s assigned to Eglin Air Force Base, Fla., and six more, according to Malone, will arrive there by the end of this year to begin the training programs for the new aircraft.

"With the fast turnover rate at Kunsan, the pilots who came to check out the trainer here will be out in the rest of the Air Force before long with at least



Stormy Boudreaux, an F-35 Lightning II instructor pilot with Lockheed Martin Aerodynamics, shows Master Sgt. Trevor Jackson, 8th Force Support Squadron dining facility section chief, how the new multi-role fighter will better serve the U.S. military at Kunsan Air Base, Republic of Korea, Nov. 1. The F-35 integrates advanced stealth technology into a highly agile, supersonic aircraft that provides the pilot with unprecedented situational awareness and unmatched lethality and survivability. (U.S. Air Force photo by Senior Airman Benjamin Stratton/Released)

some knowledge of how the aircraft operates," Malone said. "So Kunsan really is a great location."

The best kept secret in the Air Force, as some say about Kunsan, Malone said he'd been looking forward to a trip back to the last warrior base.

"It's been a real pleasure to be here at the tip of the spear and the last line

of defense for the peninsula," he said. "The Pantons and Juvats are the first to engage and they really do a great job year-in and year-out."

For more information on the F-35 and what it means to not only the U.S. military, but to eight other partner nations in its development, visit this website: <https://www.f35.com/>.

Going Green: Osan's commander receives new hybrid vehicle

By 1st Lt. Katherine Kordecki
51st Logistics Readiness Squadron

OSAN AIR BASE, Republic of Korea -- The 51st Fighter Wing has officially gotten greener.

Col. Patrick McKenzie, the 51st FW commander, turned over his traditional Air Force blue staff car and received the keys to a more environmentally friendly hybrid here Oct. 21, 2011.

The swap was part of an initiative based on Executive Order 13514, which is federal guidance mandating the reduction of petroleum use and greenhouse gases over the next 20 years in the U.S. government vehicle fleet.

Department of Defense officials set a goal of a 34 percent reduction of greenhouse gas emissions by 2020.

Earlier this year, Headquarters Air Force took a step towards that goal by purchasing six hybrid cars to be integrated into Osan's vehicle fleet.

The new cars are a gasoline-electric hybrid powered version of the mid-size sedan and are designed to run on electric mode or gas mode or a combination of the two. Because of this technology, this model hybrid is estimated to get 41 miles per gallon.

Osan's Fleet Manager, Chief Master Sgt. James Turner from the 51st Logistics Readiness Squadron, is responsible for right-sizing the fleet and rotating vehicles based on predetermined vehicle life expectancy rates.

Upon receipt of the new hybrid cars, Turner and his team suggested wing leadership swap out their staff cars with the hybrids to promote the environmental stewardship campaign for the wing.

Consequently, both the wing commander and vice wing commander, Col. Mark DeLong, are now doing their part to reduce energy consumption and greenhouse gas emissions with their new hybrid vehicles.

The entire vehicle swap process took approximately two weeks to move over the special communications equipment, lights, and of course the famous Mustang tail fin to the new cars.

The transition to a cleaner tomorrow culminated with McKenzie arriving at the 51st LRS Vehicle Operations section to receive his new car. After a quick tutorial on the hybrid's special features, the wing commander drove off, leading the 51 FW Mustangs' charge towards a greener future.



As a part of an initiative based on Executive Order 13514, which is federal guidance mandating the reduction of petroleum use and greenhouse gases over the next 20 years in the U.S. government vehicle fleet Osan updated several base vehicles with new hybrid cars Oct. 21, 2011. Department of Defense officials set a goal of a 34 percent reduction of greenhouse gas emissions by 2020. (U.S. Air Force photo/Staff Sgt. Michael Garza)

Local ROK students dubbed honorary pilots at Kunsan



Left above: Students participating in the 8th Fighter Wing Honorary Pilot Program stand in line to take a look at the cockpit of an F-16 Fighting Falcon at Kunsan Air Base, Republic of Korea, Nov. 4. Several base agencies came together to put this program in motion. These agencies were: 35th Fighter Squadron, 35th Aircraft Maintenance Unit, 8th Operations Support Squadron aircrew flight equipment and tower operations and 8th FW public affairs community relations. (U.S. Air Force photos by Senior Airman Brittany Y. Auld/Released)

Right above: 1st Lt. Shayne Carroll, 35th Fighter Squadron pilot, lets students participating in the 8th Fighter Wing Honorary Pilot Program take a look at the cockpit of an F-16 Fighting Falcon at Kunsan Air Base, Republic of Korea, Nov. 4. The program gave students a glance of what an F-16 pilot's life is like at Kunsan. They were able to receive a tour of an F-16 static display, F-35 Lighting II simulation, tour of the base tower, tower simulation, 35th Fighter Squadron tour and participated in hands on activities.

Left: 1st Lt. Shayne Carroll, 35th Fighter Squadron pilot, gives students participating in the 8th Fighter Wing Honorary Pilot Program a tour of an F-16 Fighting Falcon at Kunsan Air Base, Republic of Korea, Nov. 4.

AFAF video contest could bring you fame

By Senior Airman Benjamin Stratton
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- An awareness campaign, headed up by the Air Force Assistance Fund, takes aim with social media facilitating serious, funny and informational videos.

The AFAF's YouTube page will feature the videos with the best content, cinematography, creativity and the most number of views. Winning videos will be headlined on the page for 2012. Additionally, winning videos will be played at the 9th Annual Air Force Charity Ball on March 24, 2012 and both winning teams from the two categories, 29- and 59-second length videos, will have an Air Force Aid Society educational grant named for them in 2012.

"This is a great opportunity for our Airmen to show the rest of the Air Force how creative we are here at the Wolf Pack," said Lt. Col. Curtis St Amand, 8th Fighter Wing director of staff. "We're looking for full participation across the base as the contest is open to anyone."

A team name must be included with each entry. Each team can only submit two videos, one for each of the two categories. Content submissions may not contain copyrighted material or inappropriate content.

Upload video entries to YouTube and email a link of the video to USAF.Fund-raising@randolph.af.mil with your team name and the statement, "All persons appearing in the video have given permission to be videotaped and for the video to be publicly displayed on YouTube." The email must be from an 'af.mil' email address and digitally signed. Submissions must be received no later than Nov. 21, 2011 stateside.

Additionally, contest entries must include written permission from parents and/or guardians of children shown in the video. Attach the permission slip to the entry. Video entries will be disqualified if they do not adhere to the contest rules and entry guidelines. Comments to uploaded entries will be monitored. Inappropriate comments will be removed.

Please visit www.afassistancefund.org



An awareness campaign, headed up by the Air Force Assistance Fund, takes aim with social media facilitating serious, funny and informational videos. (U.S. Air Force graphic by Senior Airman Benjamin Stratton/Released)

for more information on all four charities. For ideas and other entries, visit the YouTube page at www.youtube.com/afassistancefund. Winners will be announced Jan. 25, 2012.

"Continuing last year's theme, 'Year of the Air Force Family', these videos will enhance unit morale and provide our more creative Airmen an outlet for service-wide recognition," St Amand said.

Airmen celebrate Native American Heritage Month



Airman 1st Class Yalonda Jackson, 51st Force Support Squadron, reads a book about Native American powwows to students Nov. 8, 2011, at Osan Elementary School. November is Native American Heritage Month and members here are spreading awareness through music, dance, stories and art. (U.S. Air Force photos by Tech. Sgt. Chad Thompson)

By Tech. Sgt. Chad Thompson
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- November is Native American Heritage Month and members here are spreading awareness through music, dance, stories and art.

Rosemary Cook, a Navajo tribe member and teacher at Osan Elementary School, shared some information about the Navajo powwow with the second-grade class Nov. 8, 2011, at Osan Elementary School.

Her son, Christopher, and two daughters, Alyssa and Jasmine, dressed in traditional regalia and performed a Native American dance for the group of

children and teachers.

As they danced Cook described the roles of the jingle dancers, fancy dancers and grass dancers to the students. She said the outfits the dancers wear can be any combination of colors they want but there are small details that make each one unique.

For example, jingle dancers have little bell-shaped objects all over their dresses - 365 to be exact, she said. The outfit of the fancy dancer symbolizes a butterfly, and according to Cook the most important role of any of the dancers is the grass dancer.

"Grass dancers typically begin every powwow by dancing around the field, stomping down the grass and preparing the stage for the rest of the dancers," Cook



Children perform a Native American dance while dressed in traditional regalia Nov. 8, 2011, at Osan Elementary School. November is Native American Heritage Month and members here are spreading awareness through music, dance, stories and art.

said. "They are important because they scare away any snakes or critters that might be in the grass."

After the explanation she asked the students if they would like to learn how to dance and a mini powwow formed in the cafeteria as the students and volunteers hopped and skipped circling the room.

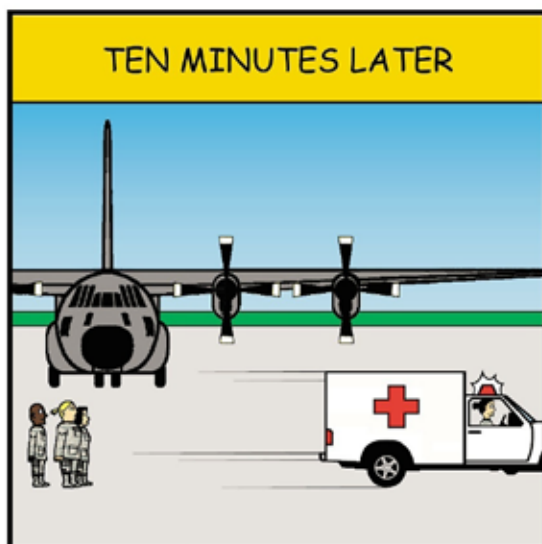
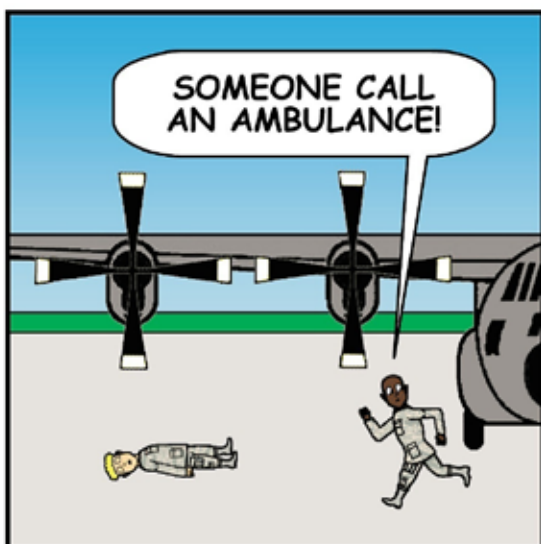
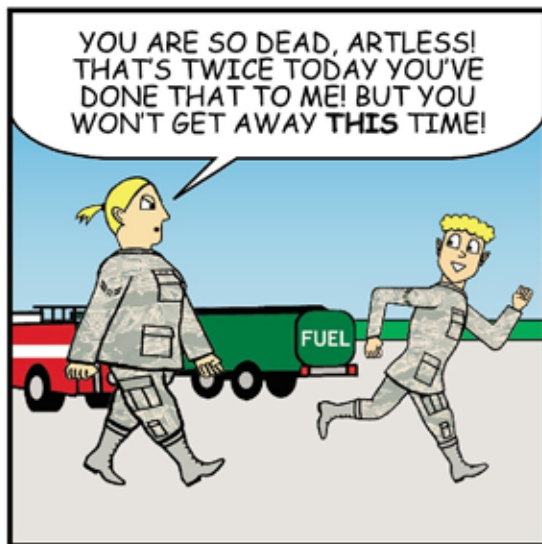
After the dance demonstrations, the classes separated, and volunteers read stories to the children.

Throughout the month the committee members will be going class to class sharing pieces of Native American history with all the students.

For more information on Native American Heritage Month visit <http://nativeamericanheritagemonth.gov/>.

AIRMAN ARTLESS

by Ben Schneider



New maintenance complex opens at Kunsan



8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Members of the Wolf Pack attended a ribbon cutting ceremony to celebrate the opening of a new maintenance complex here Nov. 9.

A ribbon cutting ceremony is a traditional ceremony in many cultures that celebrates the final day of construction for a building or other projects. The ceremony signifies the end of construction for the new Maintenance Complex Phases 1 and 3.



Above: 8th Fighter Wing leadership, Samuel Atkins, Far East District United States Army Corps of Engineers, and Imjoo Kim, Poong Chang Construction Company vice president, cut the ribbon during a ceremony for the opening of a new maintenance complex at Kunsan Air Base, Republic of Korea, Nov. 9. The ceremony signifies the end of construction for the new Maintenance Complex Phases 1 and 3. (U.S. Air Force photos by Senior Airman Brittany Y. Auld/Released)

Left: A ribbon cutting ceremony is a traditional ceremony in many cultures that celebrates the final day of construction for a building or other projects.

Right: Members of the Wolf Pack salute for the playing of the American and Korean National Anthems during the ribbon cutting ceremony for the opening of a new maintenance complex at Kunsan Air Base, Republic of Korea, Nov. 9.



Fire Safety Article

By Yi Kon, CIV Fire Protection Inspector
51 CES/CEF

Cooking Fire Safety

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. Therefore, it is important to practice safe cooking behaviors to keep you and your family safe.

1. It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. If your clothes catch fire, stop, drop, and roll.
2. Barbeque grills will not be used within 25 feet of a building or 50 feet from an aircraft or flammable storage.
3. Use only a labeled starter fluid to start fires in the grill.
4. When using propane fueled barbeques, ensure the manufacturer's instructions are followed and adhered to. Propane cylinders, fuel lines, and regulators should be inspected annually.
5. The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
6. Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains - away from your stovetop.

Any questions, feel free to contact Fire Prevention Office at 784-4834 or 4835.

Fifteen Osan members honored with quarterly awards

51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Fifteen quarterly awards were presented Oct. 28, 2011, in the Osan Challenger Club.

Col. Patrick McKenzie, 51st Fighter Wing commander, presented trophies or certificates to each winner for the respective categories.

The military award winners were:

- Company grade officer - Capt Sean Kimsey, 51st Medical Operations Squadron
- Senior NCO - Senior Master Sgt. Christopher McMillian, 51st Munitions Squadron
- NCO - Tech. Sgt. Destiny Hager, 51st Operations Support Squadron
- Airman - Senior Airman Natasha Sebastiani, 51st Medical Support Squadron

The civilian award winners were:

- Management-Supervision - Revillano Sarao, 51st Logistics Readiness Squadron
- Administrative-Technical - Crystal Wood, 51st Communications Squadron
- Trades-Crafts - Chin U Kim, 51st Maintenance Group
- Associate unit - Hui Tae Chae, 731st Air Mobility Squadron

Special category quarterly awards were presented to:

- Honor Guard - Senior Airman Jacinto San Nicolas, 51st Force Support Squadron
- Volunteers - Tech. Sgt. Robert Ybay, 607th Support Squadron; Kristine Dahlin and Chris Corbin
- Dorm rooms - Staff Sgt. Valerie Vasquez, 51st Medical Group; Senior Airman Alta Freda Inocencio, 51st FSS; and Airman 1st Class Mark Tobar, 51st LRS

51st Medical Operations Squadron

Job Title: Surgical Technician

Job Description and its impact on the mission: As a Surgical Service Specialist, my primary role is to assist surgeons during operations. My responsibilities range from sterilizing instruments to helping with anesthesia; we are integral in making sure every surgery goes smoothly and successfully.

Time in the military: 5 years 8 months

Time at Osan: 6 months

DEROS: May 2012

Hometown: Beverly, MA

Hobbies: All crafts from drawing to woodwork, all sports from wakeboarding to mountain biking, and other hobbies such as gardening and even sewing.

Why did you join the military? My father and great grandfather were both in the Air Force and I wanted to follow in their footsteps. The Air Force has done a lot for me, and in return I want to do the best that I can in support of my service.

Where do you see yourself in 10 to 20 years? Hopefully, I'll be retired after a great career in the Air Force, both my wife and I will have our degrees, and my little girl and any future children will be off to college. I also plan to buy some land on which to build a ranch.

What do you do for fun here? I love to swim and I enjoy teaching others how to swim. I plan to become a fully certified swim instructor and would like to add scuba diving to my list of hobbies. Hopefully, as I PCS to other bases I can share my experience and expertise in these areas, not only with base personnel, but my children.

Staff Sgt. Paul R. Cummings



What is the best part of being at Osan?

All it has to offer and the support that comes with it. The day I finished my CDC's (Career Development Courses), I wanted to start college. However, I was afraid to start school again, but with encouragement from my co-workers I pressed forward. Within the past 6 months I started courses for my CCAF and my swimming certification; well on my way to accomplishing my long term goals.

What is the most memorable moment of your tour here, so far? Anytime I hear the

A-10s and F-16s take off is a memorable occasion. This is my first assignment to a fighter base and it really reminds me of why I'm serving in the Air Force and what I'm really supporting.

What's your favorite Air Force memory or story? My favorite memory in the Air Force was when I returned from deployment. It was great to see my wife, who was pregnant with our daughter at the time. Together we were able to find our first home and settle in as a family.

What accomplishment are you most

proud of? Making Staff Sergeant has been the greatest accomplishment next to having my family. I was anxiously waiting on the results, but what a relief it was to know that I made it and could continue to support my growing family while continuing to follow in my father's and grandfather's footsteps.

Who are your role models? My father is a great role model. He is my best friend and supporter. He provides guidance, but understands that I'm my own person as well as a husband and father, and knows that I can make my own decisions.

Senior Airman Kostantinos Efsthathiou



36th Aircraft Maintenance Unit

Job title: Electrical and Environmental system specialist

Job description and its impact on the overall mission:

- Identifies, isolates/repairs aircraft malfunctions on F-16 C/D electrical/environmental systems

- Fabricates, replaces, repairs/modifies electrical wire harnesses/utilizes test equipment to evaluate system integrity
- Adheres to published guidelines, technical orders, examines, services aircraft,

performs aircraft handling procedures
· Maintains inspections/aircraft maintenance data records in supporting training/combat aircraft contingency operations

Time in the military: 5 years

Time at Osan: 8 months

DEROS: January 13, 2012

Hometown: Astoria Queens, New York

Hobbies: Hiking, weight lifting, and watching movies.

Why did you join the military? To serve my country and to go to college.

Where do you see yourself in 10 or 20 years? Working as a physical therapist in a rehabilitation facility or hospital.

What do you do for fun here? Go on ITT trips, read, play football, and barbecue.

What is the best part of being at Osan? Specialist weekend barbecues

What's your favorite Air Force memory or story? Launching and watching the B-1 bomber take off at night with all four engines in full afterburner while being deployed.

What accomplishment are you most proud of? Deploying to Afghanistan

Who are your role models? My Mother. She came to America when she was in her early 20's and didn't have much money but she worked three jobs and went to night school to become a supervisor for Specialty Practices at New York-Presbyterian Hospital. She proved that with hard work and determination you can accomplish anything.

ROK, U.S. militaries compete in annual sports day

Senior Airman Benjamin Stratton
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- A camaraderie spirited event, known as 'Korean-American Sports Day', squaring up U.S. forces at Kunsan versus their Republic of Korea allies took place here Nov. 2 in a continued effort to strengthen friendships and build a foundation of trust between the two nations.

"The Republic of Korea and United States have a strong treaty of peace between our great nations," said Col. Stephen Williams, 8th Fighter Wing vice commander, at the event's opening ceremonies. "Americans are proud to play a part in Korean history and we look forward to what the future has in store for us together."

The colonel was joined by the Republic of Korea Air Force's 38th Fighter Group commander, Col. Sang-Hwa Jung, and Gum-Yong Choe, the Korea Union's president. The two joined Williams in thanking everyone for their participation and expressed sincere gratitude for the friendships shared across the Wolf Pack.

"This is a great opportunity to build up strong bonds between Korea and America," Choe said.

"Such lasting friendship between our two nations is a testament to our alliance," added Jung. "During the Korean war, the U.S. fought for us. What your countrymen did those many years ago for our nation, defending the line, means so much. I'd like to thank you for your continued service today."

There were 16 separate events that occurred at various locations across the base, several of which were unique to Korea. The final scores from the day put the U.S. in first with 166 points, ROKAF in second with 49 and the Korean Union in third with 39 points.

"We won the majority of the events," said Airman 1st Class Ricardo Thenor, 8th Force Support Squadron fitness specialist. "It was pretty cool and great for the morale across base."

Thenor said he was in charge of refereeing the Tug-of-War and Volleyball events.

"My favorite part was the tug-of-war for sure," he said. "The 80th Fighter Squadron, KEU and 8th Security Forces Squadron participated with the defenders coming out on top."

"We had a good friendly competition," Thenor added. "It was a relaxed day and an opportunity to have a good time with our Korean friends."

For more information and specific event scores, contact the Wolf Pack Fitness Center at 782-4026.



Airmen from the 8th Fighter Wing line up alongside Republic of Korea Air Force members from the 38th Fighter Group during the opening ceremony for the Korean-American Sports Day at Kunsan Air Base, Republic of Korea, Nov. 2. The day had various events including softball, tug-of-war and paintball. (U.S. Air Force photos by Staff Sgt. Rasheen Douglas)



Capt. Michael Harvey, 8th Comptroller Squadron financial analysts flight commander, raises his hands as he is shot by a Republic of Korea Air Force member during a game of paintball during the Korean-American Sports Day at Kunsan Air Base, Republic of Korea, Nov. 2. The day had various events including softball, tug-of-war and paintball.



Above: A Korean Union team member hits the soccer ball with his head in an attempt to keep Airmen from the 8th Fighter Wing from getting the ball at a soccer event during the Korean-American Sports Day at Kunsan Air Base, Republic of Korea, Nov. 2. The day had various events including soccer, tug-of-war and paintball.

Right: The 8th Security Forces Squadron team pulls the rope against the Korean Union team during a tug-of-war event as part of the Korean-American Sports Day at Kunsan Air Base, Republic of Korea, Nov. 2. The day had various events including softball, tug-of-war and paintball.



CHAPEL SCHEDULE

KUNSAN

Chapel Bldg 501 and 510

Sunday

9 a.m. Catholic Mass
(Bldg 501 - Main Chapel)

9 a.m. Protestant Liturgical Sacra-
mental Worship Service
(Bldg 510 - SonLight Inn)

10 a.m. Protestant Sunday School
(Bldg 510)

11 a.m. Protestant Contemporary
Worship Service (Bldg 501)

1 p.m. Protestant Gospel Worship
Service (Bldg 501)

2:30 p.m. Jesus Christ of Latter Day
Saints Sacramental Service/Sun-
day School (Bldg 510)

Please note: The Sunday be-
fore every exercise, the Gospel
and Contemporary Services will
combine into one service at 11
a.m. in the main chapel. Catholic
Mass and Protestant Liturgical
schedules will remain the same.

Daily Catholic Mass

Tues., Wed., Thurs. at 7:30 a.m.
in the Chapel

Thursday

8 p.m. Earth-based religions
gathering at the Sonlight Inn
Bldg. 510

Point of Contact:
Chaplain (Maj.) Christine Blice-Baum,
782-4300

OSAN

Catholic Mass

Daily Mass
Monday - Friday, 11:30 a.m.
Saturday Mass 5 p.m.
Sunday 8:30 a.m.

Reconciliation
Saturday, 4 - 4:45 p.m.

Protestant Services

Sunday
Traditional service - 10 a.m.
Gospel Service - 11:30 a.m.
Pentecostal - 2 p.m.
Contemporary service - 5 p.m.

Church of Christ Service

Sunday, 10 a.m. in the
Elementary school cafeteria

General Services

Joy Night (gospel)
Friday, 7:30 p.m.

Earth-based Service

Thursday, 5:30 p.m.
in the Chapel Annex

Jewish Service

Second and fourth Friday, 6 p.m.

Muslim Service

Friday 12:30 - 1:30 p.m.

Haven Ministry Center (Community Activity Center)

Wed / Thurs / Sun: 6 p.m. - 10 p.m
Fri / Sat: 6 p.m. - 11 p.m.

Unless otherwise noted, all services
are held at the Osan Chapel.
For other events, call 784-5000.



Mustang Spiritual Charge:

A Spirit of Gratitude



By Ch, Capt. Hoang Nguyen
51st Fighter Wing Chaplain

I am always fascinated with Thanks-
giving! Even though we won't fully expe-
rience the traditional atmosphere most
of us are familiar with, especially being
here in Korea and away from home and
family, we will continue with the great
traditions of giving thanks to God, spend-
ing time with family and friends, eating
plenty of food (especially turkey and
ham), and watching some of the NFL's
teams such as the Green Bay Packers and
the Detroit Lions play football.

I am even more captivated by the his-
tory of this day which became a National
Holiday Observance in 1863. Accord-
ing to tradition, Thanksgiving was origi-
nally a harvest festival—starting back
as early as 1621 in New England. Two
years prior, in 1619, Thanksgiving was
entirely a religious celebration and did
not involve feasting. In 1621, the early
settlers harvested a poor harvest, yet they
were thankful, not only for the food that
they had learned to harvest, but that they
were indeed still alive. It is estimated
that half of their loved ones did not make
it through the previous year—it was a
tough winter. The first feast lasted three
days and included ducks, geese, turkeys,
clams, eel, other fish, wild plums, leeks,
corn bread, and watercress. The early
settlers' Thanksgiving resembled the
Jewish Festival of Sukkot (thanksgiving
for harvest) and the European Harvest
Celebration.

As the years passed, America con-
tinued to celebrate Thanksgiving, but
not always during the same time. In
fact, President George Washington and
other presidents declared annual days
of celebration, but it was never consis-
tent and in some years, there were no
celebrations. However, in the midst of
the American Civil War in 1863 with
all of its pain and suffering, while lives

were still being lost and families were
torn apart, President Abraham Lincoln
solemnly declared and proclaimed the
last Thursday in November as a day of
Thanksgiving. In the proclamation, he
acknowledges that we, as a nation, owe
everything to God. He wrote, "... I rec-
ommend to them that while offering up
the ascriptions justly due to Him for such
singular deliverances and blessings, they
do also, with humble penitence for our
national perverseness and disobedience,
commend to his tender care all those
who have become widows, orphans,
mourners or sufferers in the lamentable
civil strife in which we are unavoidable
engaged , and fervently implore the in-
terposition of the Almighty Hand to heal
the wounds of the nation and to restore
it as soon as may be consistent with the
Divine purpose to the full enjoyment of
peace, harmony, tranquility and Union."

The history of this day continues to
remind us about the bravery, sacrifices,
and steadfast love that these first pil-
grims and our country's forefathers had
embraced. Despite all the challenges of
life such as a poor harvest, loss of lives,
and the turmoil of Civil War, they still
found a way to celebrate their blessings
and never failed to give thanks to God
and ask Him for his care and protection.

As you gather to enjoy this Thanks-

giving season with family and friends,
remember why we eat and why we call
it Thanksgiving. Let's not take any-
thing for granted. Therefore, like the
early settlers, we must learn to celebrate
Thanksgiving on the spiritual level as
well. Thanksgiving is a time to reflect on
the goodness of God in our lives. Even
though we continue to face our daily
struggles, we have so much to be thank-
ful for: faith and life; family and friends;
peace and freedom; daily foods and
shelter; our nation and its leaders; our
leaders at Osan AB; and especially the
Land of the Morning Calm. Chaplain,
Lt Col, Shon Neyland, Wing Chaplain,
put it best and said, "Thanksgiving is not
about a certain feeling or climate, but it's
about being grateful and thankful for the
many blessings we have in this life."

Give thanks this season for our na-
tion, families, our freedom and all that
we have. Take time to pray for those
families and friends who have lost loved
ones, for the spouses of military mem-
bers who are deployed, and especially
for safety and protection for the brave
women and men who continue to put
their lives on the line for all of us. We
are grateful and thankful for them and
their families. Start this holiday season
off with a spirit of gratitude for the heart
of this celebration is to be grateful.

We see through it to get to it

By Senior Airman Adam Grant

51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Radiology technicians from the 51st Medical Operations Squadron perform Computerized Axial Tomographic scans and X-Rays Nov. 1, 2011. Both are used to diagnose a variety of health issues in patients. The CAT scan is a type of X-ray that is utilized to diagnose abnormalities in trauma patients. While X-Rays are used to see into the human skeletal system to see any fractures or breaks.

Left: Staff Sgt. Antionette Sherman, 51st Medical Operations Squadron radiology technician, positions a patient's skull at the clinic at Osan Air Base, Republic of Korea, Nov. 1. The positioning of the skull is vital in diagnosing abnormalities in the skull. (U.S. Air Force photos by Senior Airman Adam Grant)

Right: Staff Sgt. Kevin Collymore, 51st Medical Operations Squadron radiology technician, checks to see if a patient is level before beginning the Computerized Axial Tomographic scan at the clinic at Osan Air Base, Republic of Korea, Nov. 1. The CAT scan is a type of X-ray that is utilized to diagnose abnormalities in trauma patients.

Left below: Staff Sgt. Kevin Collymore, 51st Medical Operations Squadron radiology technician, analyzes patient's results at the clinic at Osan Air Base, Republic of Korea, Nov. 1. The results once analyzed will be forwarded to the Radiologist who will then make a proper diagnose on the patient.

Right below: Staff Sgt. Benjamin Zamora, 51st Medical Operations Squadron radiology technician, tells a patient the results of her pelvic ultra sound exam at the clinic at Osan Air Base, Republic of Korea, Nov. 1. The exam is used to diagnose the baby's health and progression.



The Chinese Intervention

By **Howard E. "Hooch" Halvorsen**
7th Air Force Historian

OSAN AIR BASE, Republic of Korea — Over the past few issues of the *Crimson Sky* we have covered the Korean War's opening months. To refresh your memory, the war started at 0400 hours on Sunday, June 25, 1950. The Democratic People's Republic Army, the Immun Gun, caught the Republic of Korea and the world completely by surprise. The United Nations rushed troops led by overall commander United States Army general Douglas MacArthur to halting the invasion and aid the South Koreans. By September 1950, both sides were exhausted when the lines settled at the Pusan Perimeter. Just as the North Koreans pushed for a last breakthrough, MacArthur sent a combined force consisting of United States Marines, United States Army, and 8,600 ROK Army troops on an ambitious amphibious landing at Inchon on September 15, 1950, after which the North Korean Army attack collapsed and fled rearward back north.

During those summer months of 1950, it seemed to the United States and much of the world as if the world had been turned upside-down. The most powerful country on the planet was being pushed back southward down the Korean peninsula by the troops of an undeveloped country. After the Inchon landing the world seemed normal again. The Eighth Army under General Walker was pushing northward from the Pusan Perimeter while combined allied forces secured Seoul by September 25, 1950. On September 29, 1950 the Republic of Korea government was restored under Syngman Rhee. American air raids caused heavy damage to the Korean People's Army, destroying most of its tanks and much of its artillery. North Korean troops in the south, instead of effectively withdrawing north, rapidly disintegrated, leaving Pyongyang vulnerable. During the general retreat not more than 25,000 North Korean survivors of the Immun Gun managed to rejoin the northern KPA lines. Complete victory had not been achieved, but the fortunes of war had been reversed seemingly overnight.

As the victorious United Nations forces pursued the fleeing Immun Gun, MacArthur was authorized by President Harry S. Truman to go north of the pre-June bound-

ary, the 38th Parallel, while enjoined to watch for any indications the Soviets of Chinese might enter the war. Korea was seen by most at the time as just part of the overall struggle with world communism and perhaps as the first skirmish in what was to be World War III. MacArthur, convinced he could reunify all of Korea and change the balance of power in Asia, moved his forces north. Lt. Gen. Walton H. "Johnny" Walker's Eighth Army advanced up the west coast of Korea to the Yalu River while Maj. Gen. Edward M. "Ned" Almond's independent X Corps conducted amphibious landings at Wonsan and Iwon on the east coast. Almond's units moved up the coast and to the northeast and center of Korea to the border with China. The "police action" seemed on the verge of ending with UN forces merely having to mop up NKPA remnants. Both the CIA and MacArthur thought the communist Chinese would stay out of the conflict. The Chinese thought differently.

Previously, on the 20th of August 1950, Premier Zhou Enlai had informed the United Nations that "Korea is China's neighbor... The Chinese people cannot but be concerned about a solution of the Korean question." China warned that to safeguard Chinese national security they would intervene against the UN Command in Korea if UN forces crossed the 38th Parallel. President Truman interpreted the communication as "a bald attempt to blackmail the UN", and dismissed it. On the first anniversary of the founding of the People's Republic of China, October 1, 1950, UN forces crossed the 38th Parallel northward. MacArthur and the United Nations would not settle on status quo ante and would instead attempt finish clearing communist North Korea of the Immun Gun and unite the country.

General MacArthur did not discount the existence of the Chinese Army near the Korean border. In a meeting on Wake Island with President Truman on October 15, 1950, he numbered them in the hundreds of thousands of troops, battle-hardened from the recent Chinese Civil war. However, the general decided that the best time for Chinese intervention had passed. He further concluded that, although half of those forces might cross south, "if the Chinese tried to get down to Pyongyang, there would be the greatest slaughter" without air force protection.



A column of the U.S. 1st Marine Division breaks through Chinese lines near the Chosin Reservoir (courtesy photos)

What MacArthur left out of that statement was the Chinese were without radios, telephone equipment, or any massive artillery. They were weak in motor transport. Their arms were an assortment of United States, Japanese, and Russian equipment. They had very few things a Western army required for war. However, the Chinese Army was not without advantages over and above its numbers. The hordes of Chinese Communist Forces were deployed on an Asian battlefield, not Europe. MacArthur himself had said, "Never get involved in a land war in Asia." The Chinese instinctively thought in terms of fluid maneuver, without regard to battle lines. The unburdened, hardy peasant troops could travel long miles of mountainous terrain marching on very little provender, and the UN forces did not even believe in their existence in North Korea. Once more the UN forces would face determined, experienced troops who would not follow the normal rules of battle as they knew them. The dramatic turnaround in the fortunes of war in mid-September would do so again in November.

To the UN forces, there was no concrete evidence the Chinese were even in Korea. How could the daily-flown American aircraft not see these vast armies? The Chinese did so by marching their armies eighteen miles per day in the dark between 2100 hours and 0300 hours. From 0300 hours until dawn, time was spent camouflaging themselves and their equipment from aerial reconnaissance. In addition, this was not a road-bound army like the more modern, American army. So, while the UN troops were strung out haphazardly in North Korea with the police action perceived to be over and their leaders planning "Home by Christmas" offensives, the Chinese attacked with overwhelming numbers in ways benefitting their advantages. Battles soon broke out at Onjong,



Map of UN advances toward the Yalu River (courtesy photos)

Unsan, and the Chosin (Changjin) Reservoir. The world was once again caught totally off guard just as in June. The UN commanders, especially Eighth Army commander Walker, reacted quickly to the new threat. The United States Marine Corps performance at Chosin stands the test of time as one of the greatest stands against overwhelming odds in history. But the breakout from the Pusan Perimeter and the Inchon Landing had not changed what had caused the early defeats of American troops by a third-rate power.

In 1950, American troops were largely poorly trained draftees. The old Army of 1945 was gone and the new Army was more concerned with civil rights than with the old, hard slap and dash of previous American armies. In 1950 on the field of battle they often behaved more like citizens than soldiers. This is why today we not only have the best equipped military in the world; we have the best trained military in the world that is held to the highest standard. Preparing for and going to war is not an action to be taken lightly. It would be a great tragedy were we to go to war unprepared and in reaction to events beyond our leader's control. Instead, our leaders have the best military in the history of the world deterring war in most cases; ready to unleash on a foolhardy foe in others. Our hard training and daily devotion to our duty is perhaps our greatest lesson learned from the Korean War in the 1950s.

Dear Hooch the Historian:

Who was the "Loring" the Loring Officer's Club is named after on Kunsan Air Base?

By **Howard E. "Hooch" Halvorsen**
7th Air Force Historian

Great question. And the National Museum of the U.S. Air Force has already answered it for us:

Maj. Charles Joseph Loring Jr. went to Europe in 1944 as a fighter pilot with the 36th Fighter Group's 22nd Squadron. He completed 55 combat missions before he was shot down and made a prisoner of war. He went to Korea in May 1952 with the 36th and 80th Squadrons, 8th Fighter Bomber Group.

During a close air support mission on Nov. 22, 1952, Loring's flight was dive-bombing enemy gun positions. He was hit repeatedly by ground fire during his dive. Instead of withdrawing, Loring aimed his F-80 directly at the gun positions and deliberately crashed into them, destroying them. Loring Air Force Base, Maine, was

named in his honor.

Medal of Honor Citation

Major Charles J. Loring, Jr., United States Air Force, a member of the 80th Fighter-Bomber Squadron, 8th Fighter-Bomber Wing, distinguished himself by conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty near Sniper Ridge, North Korea on 22 November 1952. While leading a flight of four F-80 type aircraft on a close-support mission, Major Loring was briefed by a controller to dive-bomb enemy gun positions which were harassing friendly ground troops. After verifying the location of the target, Major Loring rolled into his dive bomb run. Throughout the run, extremely accurate ground fire was directed on his aircraft. Disregarding the accuracy and intensity of the ground fire, Major Loring aggres-

sively continued to press the attack until his aircraft was hit. At approximately 4,000 feet, he deliberately altered his course and aimed his diving aircraft at active gun emplacements concentrated on a ridge northwest of the briefed target, turned his aircraft 45 degrees to the left, pulled up in a deliberate, controlled maneuver, and elected to sacrifice his life by diving his aircraft directly into the midst of the enemy emplacements. His selfless and heroic action completely destroyed the enemy gun emplacement and eliminated a dangerous threat to United Nations ground forces. Major Loring's noble spirit, superlative courage, and conspicuous self-sacrifice in inflicting maximum damage on the enemy exemplified valor of the highest degree and his actions were in keeping with the finest traditions of the U.S. Air Force.

Kunsan

Illmagwon Orphanage

Join Airmen from across base in a wing chapel sponsored event as they travel down to the Illmagwon Orphanage in Gunsan City every Tuesday at 6 p.m. for an evening of playing games and learning more about the local culture. For more information, contact the chapel at 782-4300.

Friday Sonlight Dinner

Every Friday volunteers from a specific unit cook dinner for their fellow Wolf Pack members at the Sonlight Inn. The dinner begins at 6 p.m. following grace lead by the chaplain. Meals range from “Breakfast for Dinner” to “Italian Cooking” to “Southern Style”. For more information or to volunteer, contact the chapel at 782-4300.

Sponsor Training

Learn creative ways to assist newcomers reporting to Kunsan AB. Registration required. Class is held at the Airman and Family Readiness Center. Call 782-5644 for more information, dates or to sign up.

Korean Language

This one-time class teaches you how to read and write the Korean alphabet, and use basic travel expressions for shopping, dining, and using transportation. Class is held at the Airman and Family Readiness Center. Registration required. Call 782-5644 for more information, dates or to sign up.

Gunsan City Good Neighbor Tour

This half-day tour will introduce you to the local Korean culture. Learn how to use local transportation, how to take advantage of local community activities, and additional cultural awareness per IAW USFK. Registration required. Call the Airman and Family Readiness Center at 782-5644 for more information, dates or to sign up.

Ping Pong Tournament

Free to all. Prizes for first and second places. Prizes include Wolf Pack Won. To sign up, dates or for more information, call the CAC at 782-5213 or 4679.

Kunsan Photo Club

Interested in sharing your photography experience with others and exploring Korea along the way? Have

a camera, but want to learn how to use it more completely? Then join the Kunsan Photo Club as they delve into the finer qualities of photography where the key concept is: “It’s not the camera that makes a great photo, but the photographer.” If interested in joining, the group can be found on Facebook, just search for “Kunsan Photo Club”.

Explore Korea: Kunsan

Looking for a way to share your travels with the Wolf Pack but haven’t found the right medium? The base public affairs office is always looking for your imagery and stories. To find out how your name and photos and/or stories can be highlighted on the base public website and Facebook page, call public affairs at 782-4705. [Please note: The public affairs office, according to its editorial policy and AFI 35-107, will review all submissions and post content which adheres to their guidelines.]

Paintball

No registration is required to play paintball from noon to 4 p.m. every Saturday near Wolf Pack Park. Cost is \$15 and includes marker, protective equipment and 100 paintballs. Additional paintballs are \$3 for each additional 100. For more information, call the CAC at 782-5213 or 4679.

Kunsan’s Wolf Pack Lodge gets DLS

As of Nov. 10, 2011, the Wolf Pack Lodge now operates with the new Defense Lodging System. This system allows customers to make reservations whenever space is available on line. The DLS system is also web based automatically storing all reports and back up files at two alternate locations. Kunsan also has a new Kiosk checkout system. By simply swiping the credit card the reservation was made with customers can check out without going to the front desk. Wolf Pack Lodge is open 24 hours a day even during exercises. Upon checkout, customers will receive a computer generated customer feedback directly to their email. This allows participants to describe how they enjoyed their stay. Rates are \$39 per night.

Osan

Thailand Travel Advisory

U.S. Mission Thailand requests that all non-official U.S. Government travel to Bangkok be deferred from Oct. 27 thru Nov. 10 due to the potential for widespread flooding in the city and possible disruption of services. During this period, the Chief of Mission (Ambassador) will approve all essential U.S. Government travel to Bangkok. If you have any questions please contact 51 FW/ATO at 784-3475/3915.

November is American Indian Heritage Month

The American Indian Heritage Month Committee is still looking for volunteers. If you are looking for a way to get involved in a wing level committee, the chairperson still needs help with their November events. For more information, please contact Staff Sgt. Sherese Ingram at 784-2149.

Haven Now Open

“Haven,” a brick-and-mortar Culture of Responsible Choices program, offers a non-alcoholic, pressure-free environment for unaccompanied or single military people to partake in free food and cappuccino. It is open five nights a week in the McPherson Community Center. The hours are: 6-10 p.m. Wednesday, Thursday and Sunday; 6-11 p.m. Friday and Saturday. This chapel-sponsored program has been offered at other Air Force installations, and the idea has migrated to Osan. For more information call 784-5000.

Flu Vaccines Available for Active-Duty Military

The 2011 flu vaccination is now available for all active-duty military members. The medical group will be making rounds through each unit, but the vaccines are also available Monday through Friday from 7 a.m. to 5 p.m. at the base immunization clinic. Information will be released once the clinic receives more vaccinations for family members and civilian employees.

Bystander Intervention Training

Bystander Intervention Training (BIT) is a mandatory class for all military personnel (AD, ANG, and AFRC) and civilians who supervise military. All personnel must be trained by the end of

June 2012. If you still need to receive BIT, please log onto the Osan Sexual Assault Prevention and Response Community of Practice page to see class dates and to register. <https://afkm.wpafb.af.mil/community/views/home.aspx?Filter=26052>. For more information call the SARC office at 784-2832, and for emergencies please dial the 24 hour hotline at 784-SARC (7272).”

One-stop Base Inprocessing

Personnel arriving Osan AB are required to inprocess the base within 24 hours of arrival. Inprocessing is conducted daily at the MPS (Bldg 936) at 0730 and 0830 for all Active Duty Air Force personnel reporting to Osan AB. At this briefing they are assigned to attend a Tuesday inprocessing brief where they will receive the Wing Commander’s welcome and all other mandatory base inprocessing briefs for Osan specific information to include signing-up for LRS chalks to receive their IPE gear. This new Tuesday brief will combine the previous Wing Commander’s welcome brief and the “Mustang Brief” for a one stop shop for all Osan Newcomer’s orientation information. For more information call 1st Lt Benjamin Quigley at DSN 784-1091.

HAWC Classes

Osan’s Health and Wellness Center staff is offers a variety of classes to improve physical fitness, reduce stress and support a healthier lifestyle. Some of these classes include Nutrition 101, Stress Management, Running 101 and Training to pass the Air Force PT test. For more information contact the HAWC at 784-1830.

Red Cross Volunteers

The American Red Cross is looking for disaster casework volunteers to assist with the Osan Emergency Family Assistance Control Center. The ARC will provide the following classes free of charge: ARC Orientation, Introduction to Disaster, Fulfilling Our Mission, and Casework Training. The total time for all four classes is eight hours. The Casework Training session is not the full Case Management class but an abbreviated class to fit the needs of Osan. For more information, call the ARC at 784-1855.

Kunsan’s emergency phone numbers			
Emergency Services	911	Commander’s Hotline	782-5224
Off Base/Cell Emergency	063-470-0911	After-hours medical advice	782-4333
Crime Stop: (to report a crime)	782-5444	IG Complaints FWA Reporting:	782-4850 (duty hours) 782-4942 (anytime)
Base Locator: (after duty hours)	782-4743	Chaplain (After duty hours)	782-6000
Law Enforcement desk	782-4944	Sexual Assault Response Coordinator (SARC)	782-7272
Emergency Leave / Red Cross		782-4601 (on base) 1-800-733-2761 (anytime)	

Civilian Personnel Office

HOLIDAY OBSERVANCE:

THANKSGIVING DAY, 24 Nov 11, is a legal holiday for U.S. civilian employees and the liberal leave policy will be in effect for Korean National (KN) non-essential civilian employees. Supervisors should ensure the time and attendance card for KN civilian employees who wish to be off that day are properly coded to reflect the appropriate leave code, i.e. annual leave, etc. Organizations with KN civilian employees that require supervision must ensure adequate supervision is available. If an office is going to be closed, KN civilian employees can be required to take annual leave but management must provide them with a 24-hour advance notice. If you have ques-

tions, please contact Ms. Kim, Son I of the Civilian Personnel Office, 784-4434/8177. (51 FSS/FSMCE)

FAMILY DAY: Friday, 25 Nov 11 is a designated 7 AF and 51 FW Family Day.

Since this day is not an official holiday for U.S. and KN civilian employees, those who are required to work will not be paid holiday premium pay or allowed a substitute day off. Even though a liberal leave policy will be in effect, non-essential U.S. and KN civilian employees who wish to take this day off must request and be approved for the appropriate leave, i.e. annual leave, etc. Questions should be referred to Ms. Kim, Son I of the Civilian Personnel Office, 784-4434/8177. (51 FSS/FSMCE)

Korea Weather Info in English: Real-time via Smartphone

Korean Tourism Organization

The Korea Meteorological Administration (KMA) recently announced the opening of English weather information services for Smartphone users visiting or residing in Korea.

Smartphone users can access weather services by visiting ‘m.kma.go.kr/eng’ on their Smartphone browser and clicking the banner or by capturing the QR Code pictured below. Information provided via mobile includes ‘Current Weather,’ ‘Digital Forecast,’ ‘Mid-Term Forecast,’ and any warnings or watches for natural disasters. Sports enthusiasts and those planning outdoor activities will be pleased to know that the service even provides detailed information on ‘Sea Weather,’ ‘Mountain Weather,’ ‘Yellow Dust’ and more.

KMA currently provides weather information on its website in three different languages – English, Chinese and Japanese. Smart phone-based services were only recently released in English, but the weather agency reports that preparations for Chinese and Japanese services are already well underway.



More info

- Korea weather information (English): m.kma.go.kr/eng
- Korea Meteorological Administration (KMA) homepage: www.kma.go.kr (Korean, English, Japanese, Chinese)

Courtesy of Korea Meteorological Administration

Mobile Web
QR Code
(English)



New Subway Connecting Bundang and Gangnam Opens

Korean Tourism Organization

The first section of the new Sinbundang Subway Line (DX-Line), connecting Bundang and Seoul, has started operating as of October 28th.

In this section, a subway train passes through six stations including Gangnam, Yangjae, Pangyo and Jeongja Stations in just 16 minutes. The subway operates from 5:30 a.m. until 1:00 a.m., and the standard fare is 1,600 won.

Meanwhile, the rest of the DX-Line is expected to be completed over three more phases, and will become a large metropolitan subway system covering Yongsan and Suwon.

More info

Shnbundang Line (DX-Line)

- Operation hours: 05:30-01:00 (the next day)
- Route

Gangnam Station – Yangjae Station – Yangjae Citizen’s Park Station - Cheonggyesan Ipgu Station -Pangyo Station – Jeongja Station (Travel time: 16min)

* Transfer stations Gangnam Station: Subway Line 2 Yangjae Station: Subway Line 3 Jeongja Station: Bunday Line

- Standard fare (within 10km): 1,600 won (100 won for each additional 5km)

Courtesy of Ministry of Land, Transport and Maritime Affairs



Samgyeopsal Voted the Best Korean Dish in Seoul



Korean Tourism Organization

A recent online survey conducted by Seoul City revealed that the most popular Korean food among foreign nationals is samgyeopsal (grilled pork belly). The next popular dishes are, in the order of votes received, kimchi, topokki (stir-fried rice cake), bibimbap (rice mixed with vegetables and beef), samgyetang (ginseng chicken soup), sogalbi (beef ribs), naengmyeon (chilled buckwheat noodle soup), and bossam (napa wraps with pork). Other favorites include gamjatang (pork-on-the-bone soup with potatoes), banana-flavored milk, kongguksu (soybean noodle soup), and such street foods as sundae (sausage) and hotteok (hot sweet pancake).

Meanwhile, preferences vary among different language communities. According to the survey, the English speaking community enjoys kimchi the most, while the Chinese and Japanese communities like samgyeopsal and samgyetang, respectively, the best.

Courtesy of Seoul City Hall

Date	Day	Time	Match	Place
Nov. 18	Fri	7:00 p.m	KT vs Mobis	Pusan
			KGC vs SK	Anyang
Nov. 19	Sat	3:00 p.m	LG vs ET-Land	Changwon
		3:00 p.m	Samsung vs Orions	Jamsil, Seoul
		5:00 p.m	Dongbu vs KCC	Wonju
Nov.20	Sun	3:00 p.m	KGC vs Mobis	Anyang
		3:00 p.m	SK vs LG	Jamsil, Seoul
		5:00 p.m	KT vs Orions	Pusan

미화 500 불 보상금



(실제 차가 아님)

Description/차량 설명: Gray 2007 BMW 335i, 2 Dr Coupe 회색 2007 년 BMW 335i 쿠페형 자동차	License Plate/차량 번호 : 52 모 (MO) 4934
VIN/차대번호: WBAWB7356P022846	DISTINGUISHING MARKS/특이한 점: None/없음
LAST SEEN ON (date, time, location): The vehicle was last seen in the Osan fitness center parking lot on October 9, 2011, at approximately 1400 hrs (2 pm).	
마지막 본 날짜, 시간, 장소: 차량은 지난 약 14 시 (오후 2시) 2011 년 10 월 9 일에 오산부대 체육관 주차장에서 마지막 목격됐음.	
INSTRUCTIONS: If you have any information on the vehicle please contact 51st Security Forces Investigations at 784-5903/5904 or the on-call Investigator at 010-6321-5774. Rewards will paid out from the information that leads to the apprehension and prosecution of the suspect.	
지침 : 당신이 차량에 대한 정보가있을 경우 51 헌병대의 수사과 (031) 661-5903/5904로 또는 당직 수사관은 010-6321-5774 로 연락하시기 바랍니다. 보상은 피의자 체포나 기소 할수 있는 증거 자료를 제공 할시에 포상금이 지불 될 것입니다.	

MONDAY-FRIDAY

									*				***
Lv. Yongsan	0550	0700	0830	1000	1100	1300	1430	1630	1720	1720	1900	2100	2200
Ar. 121st GH							1435						
Lv. Osan AB	0650	0810	0940	1119	1210	1410	1540	1740	1830	---	2010	2210	2310
Ar. Humph	0740	0850	1020	1150	1250	1450	1630	1820	1910	1850	2050	2250	2400

	**	*											***
Lv. Humph	---	0550	0700	0830	1000	1100	1230	1330	1530	1710	1910	2020	2200
Lv. Osan AB	0600	--	1750	0920	1050	1150	1320	1420	1620	1800	2000	2100	2240
Ar. 121st GH		0720	0850										
Ar. Yongsan	0710	0730	0900	1030	1200	1300	1430	1530	1730	1910	2100	2210	2340

- The last route (Departure Time 2200hrs) will be operated on Sunday
- When US Holiday is designated on Monday.
- The last route (Departure Time 2200hrs) will be operated on US Holiday.
- The weekdays bus schedule will be operated on the Training Holidays.

Fare (one way):
Yongsan -> Osan: \$5.60 (5,500 won)
Osan -> Humphreys: \$3.25 (3,200 won)
Yongsan -> Humphrey: \$6.25 (6200 won)

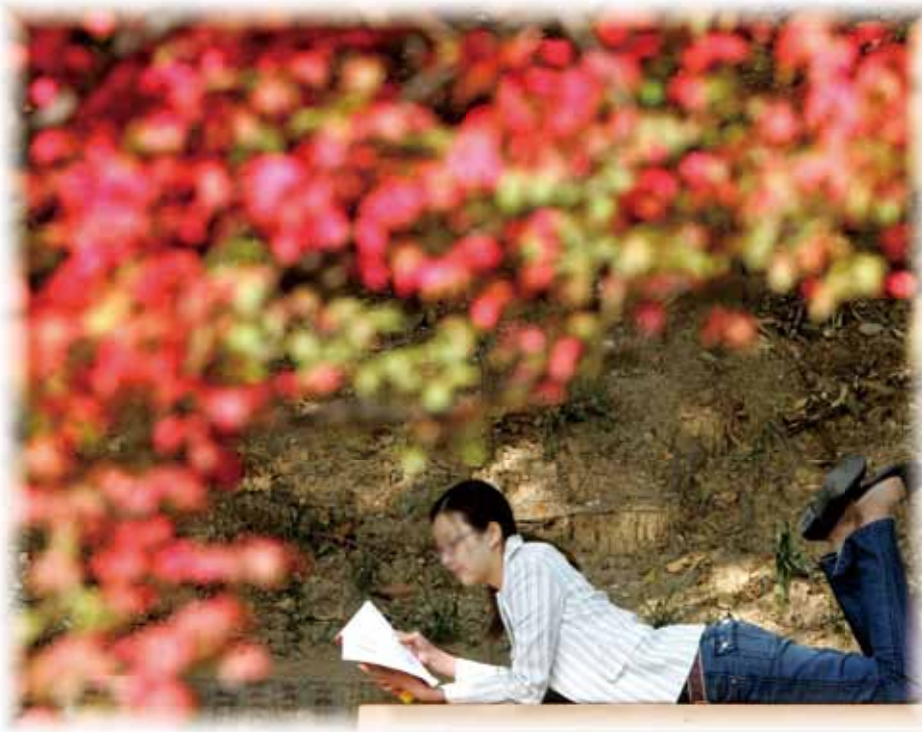
WEEKEND & U.S. HOLIDAYS

										*					***
Lv. Yongsan	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1930	2100	2200
Lv. Osan AB	0810	0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910	2040	2200	2300
Ar. Humph	0850	0950	1050	1150	1250	---	1450	1550	---	1750	---	1950	2120	2240	2340

	*														***
Lv. Humph	0620	0800	0930	1030	1130	1230	---	1400	1530	---	1700	---	1900	2020	2200
Lv. Osan AB	0700	0840	1010	1120	1220	1320	1400	1450	1620	1700	1750	1850	1950	2100	2240
Ar. Yongsan	0820	0950	1130	1230	1330	1430	1510	1600	1730	1810	1900	2000	2100	2220	2350

POC for the bus schedule - Osan: 784-6623, Yongsan: 723-4499, Humphreys: 753-7354

Is “K-Lit” the Next Korean Wave?



By Matt Kelley
Korean Tourism Organization

Autumn fills the sky of passing seasons.

I feel as if I could count, without any worry, all the stars of autumn.

A memory to a star;

A love to a star;

A loneliness to a star;

An admiration to a star;

A poem to a star;

And mother, mother to a star.

Mother, I call out each of these beautiful words to a star.



Yun Dong-ju’s beloved poem, “A Night of Counting Stars,” is frequently recited at this time of year. It seems like every autumn, Korea’s blue skies, colorful foliage and chilly evenings can make one nostalgic for summer’s fun just as everyone prepares for winter.

Yun wrote the poem in 1941 as a student at Yeonhi College (present-day Yonsei University). Homesick and frustrated by his father’s refusal to endorse his aspiration to become a professional poet, by 1943, Yun had transferred to Tokyo’s Rikkyo University. However, as Korea was under Japanese occupation, Yun was arrested and tortured for participating in Korea’s independence struggle. In February 1945, just months before liberation, Yun died in prison at age 29.

Two years after his death, the young poet – who self-published a book of poems and children’s songs at age 13 – was

published again, this time in a major Korean daily newspaper. Although Yun didn’t live to see his poetry read and loved by millions, today – and especially during autumn – Koreans pause to recite and reflect on the young Korean author and dreamer.

Although the works of Korean writers like Yi Mun-yol and Kim Young-ha were translated and distributed overseas in the early 1990s, the international audience for Korean literature has only recently grown significantly. Publishers suggest this is due to increased translations and the universal themes common in many Korean novels and poems. Not surprisingly, Korea’s modern history of colonial oppression, war and poverty has inspired vivid literature. What’s more, a deeply-rooted Confucian heritage stresses the bonds of family, which resonate with readers from many countries and cultures.

Several of these themes are present in the best-selling hit of 2011, *Please Look After Mom* (Alfred A. Knopf, 2011, translated by Chi-Young Kim) by Kyung-sook Shin. Shin’s emotional novel has sold millions of copies since it was released in Korea in 2008, but is enjoying a robust second act overseas this year, thanks to its inclusion on “must-read” lists from Amazon.com to Oprah Winfrey’s *O Magazine*. Shin’s book profiles a mother-martyr, whose boundless generosity goes unappreciated by her children until mom goes missing at a train station. The novel is also a cautionary tale on the changes taking place in Korean society. In its review, the *New York Times Book Review* praised Shin for turning the book’s title, “which initially sounded like an order, into something much more powerful: a prayer.” With publication rights al-

ready sold in over 30 countries, it seems that Shin has struck one of literature’s most universal themes – the relationship with one’s mother.

Although Shin’s novel represents an important milestone in Korean literature’s visibility abroad, she’s certainly not the first to enjoy overseas popularity. Earlier this year, Korea lost one of its favorite writers to cancer. Park Wan-suh, whose novels, including *The Naked Tree* and *Who Ate Up All the Shinga?* sold millions of books about life’s pain and grief before her death this past January at age 80. She once said, “To me, writing is sharing part of my pain with readers. I gradually feel freer and lighter as I write about my pain.” In a *Financial Times* review of the English edition of *Who Ate Up All the Shinga?* (Columbia University Press, 2009, translated by Young-Nan Yu and Stephen J. Epstein), Adrian Turpin described Park’s work as “lyrical” and “gripping.” In honor of Park’s contribution to Korean literature, President Lee Myung-bak posthumously awarded her the Geumgwang Medal, the highest honor bestowed upon cultural figures in Korea.

Although English-language translations often enjoy a higher profile internationally, the Japanese-language market is finally opening up for Korean authors. Despite the geographic proximity, few Korean novels have been translated into Japanese. For example, between 2008 and 2010, only 58 Korean works were translated and published in Japanese, while over 2,500 Japanese works were translated and published in Korea.

One sign that the trend is shifting is the popularity of Han Kang, whose provocative novel, *Vegetarian* (Kuon Publishing, 2011) was published this year in Japanese and promptly required an additional printing run. In a review published on July 24th in the daily *Asahi Shimbun*, Miho Matsunaga, a professor at Waseda University, gave high praise for the collection of stories about a woman who becomes too thin after refusing to consume meat. In an interview with the broadcaster Arirang, Kang, whose novels have also been published in Europe, said, “as an author, it is such a pleasure that my literary works are read in other countries.”

Given the growing popularity of Korean literature overseas, perhaps the only real obstacle to a full-bore “K-Lit” wave is a lack of quality translations. To increase the body of translated works, since 2001, the Korea Literature Translation Institute has provided small grants to publishers. To date, over 400 books have been translated into 28 languages.

In addition to government-sponsored efforts, however, is the dedication of individual enthusiasts. One of the most prolific translators of Korean literature is Brother Anthony of Taizé. Born in England in 1942, Brother Anthony came to Korea in 1980 on the invitation of the late Cardinal Kim Sou-hwan and began a teaching career at Sogang University that spanned 27 years.

Brother Anthony began translating modern Korean literature in 1988, beginning with the poems of Ku Sang, Kim Kwang-kyu and Ko Un. Among these bards of the Korean canon, Ko’s works may be the most widely read overseas, having been translated into more than a dozen languages, including Italian, Vietnamese and Swedish. In fact, it was while translating Ko, that Brother Anthony came upon the character of Sudhana (“Sonjae” in Korean), which he incorporated into his Korean name when he became a naturalized citizen in 1994.

Over 23 years, Brother Anthony, a.k.a. An Sonjae, has translated 27 poems, fiction and non-fiction works, most recently a collection of Kim Seung-Hee’s poems in *Walking on a Washing Line* (Cornell East Asia Series, 2011). For his body of work, Brother Anthony is the recipient of multiple awards, including the Republic of Korea Literary Award for Translation, the Daesan Award for Translation and the Korea PEN Translation Prize. In 2008, following his retirement from Sogang University, he was granted the Ok-gwan Order of Merit for Culture by the Korean government.

The growing library of translated K-Lit begs another question: Where will you read it? Given the chill that’s overtaken the October air these days, an indoor venue seems appropriate. While a cozy living room couch is one possibility, another one is a book café. A spin on Seoul’s café craze, the book café provides the convenience of a coffee shop – delicious hot beverages and light snacks – with bookshelves stacked floor-to-ceiling with great titles. If you care to check one out for yourself, here are three that are not to be missed.

For some, the true measure of a nation’s body of literature is if a national wins the Nobel Prize for Literature. While Korea has yet to claim its own laureate, poet Ko Un is thought by many to be on the short list – so much so that media outlets have camped outside his house the night before the Stockholm announcement, just in case. But whatever the measure, surely the growing international audience for Korean writers is the most important indication that the nation’s great literary minds are making waves around the world. This fall, why not cuddle up with a great Korean book – in Korean, English, or whatever language you please?



Top 4 Hangang River Parks for Silver Grass Viewing



Korean Tourism Organization

Every fall, clumps of silver grass grow on vast plains, creating an illusion of gently rolling waves. The City of Seoul has selected four Hangang River parks with the best silver grass scenery.

Amsadunchi Ecological Park

The walking paths at Amsadunchi Ecological Park offer splendid views of silver grass and reeds in abundance.

*Address

Seoul-si Gangdong-gu Amsa-dong 616-1

*Type

Ecological Tourist Sites

*Introduction

Amsadunchi Ecological Park (located in Amsa-dong) is a large scenic park with long winding trails passing by reeds and other beautiful plants of the Han River. It is here as well that visitors can watch the flight of Korea's migratory birds. The Ecological Park is famous for its beautiful scenery and its lush groves of reeds and pussy willows growing alongside the natural riverside road. Wild roses, loosestrifes, and tiger lilies are in bloom from spring to fall and the observation deck gives visitors a beautiful view of Han River and the area's wide variety of birds such as reed warblers, titmice, and swallows. The river basin and its surrounding stones are a great place to learn about nature and are home to various bugs such as beetles, river mayflies, big scarlet hair-streak butterflies, and other water insects.

The Amsadunch Ecological Park is located nearby Godeok River Side Ecological Park and the Bicycle Theme Park, making this particular area one of the most popular tourist attractions along the Han River.

*Available Facilities

Bicycle Trail, Expedition Road, Observation Deck, Field Trip Deck, Field Trip Class

*Directions

Seoul Subway Line 8, Amsa Station, Exit #3 >> 10min walk towards the 2nd cheonho yukgapmun

Banpo Hangang Park

The observatory deck at Banpo Hangang Park offers a sky view of silver grass rolling with the wind.

*Address

Seoul-si Seocho-gu Banpo2-dong 115-5 (Sinbanpo-ro 73-1)

*Homepage

hangang.seoul.go.kr/eng (Korean, English)

*Introduction

Banpo Hangang Park is located on the southern side of the river centering on Banpo Bridge (Jamsil Bridge) between Hamnam Bridge (upstream) and Dongjak Bridge (downstream). The Rainbow Fountain built on both sides of Banpo Bridge is registered 2008 in The Guinness Book of Records as the longest bridge fountain in the world with the total length of 1,140m. The bridge starts from Banpo Hangang Riv. Park created under the project of Hangang Renaissance Project. At night, over 200 lightings creates a fantastic view of a beautiful rainbow.

Plus, there are sports facilities including Bubble Playgournd, Inline Skating Track, soccer field, and basketball court. You may also enjoy the gorgeous view of Hangang river and sky scrapers on the riverside from Gureum and Noeul café, lookout places located on the southernmost part of Dongjak Bridge.

Seoraeseom which connects from Banpo Hangang River Park is an artificially created island to provide refreshing and leisure place for Seoul urbanites. Every spring, the place is flooded with waves of rape flowers and people to enjoy picnic and spring events like 'Seoraeseom Butterfly, Rape Flowers Festival'.

Your joyful experience in the park doesn't end here - there are more things to see and enjoy including a nature experience field, boat quay, bike lane, and picnic spots.

*Operating Hours: 09:00 - 21:00

*Parking Facilities: 823 parking spaces

*Parking Fees

- Operating Hours

April-October: 09:00-23:00

November-March: 09:00-21:00

- Fees

1,000 won for first 30 min.

200 won for each additional 10 min.

*Available Facilities

- Rainbow Fountain (20min)

Operating hours: Monday-Sunday (5~8 times a day)

- Sports facilities : Soccer field, Basketball field, Inline skating rink (Inquiries: +82-2-3780-0808, 82-2-591-5943)

- Convenient facilities

Moonlight square, Chosaengmaru, White sands, Banpo Bridge lookout café (Noeul, Gureum), Shower facilities, Dressing room (Inquiries: Noeul +82-2-3481-6555, Gureum +82-2-3476-7999)

- Bike Rental shop

• Operating hours: 09:00 - 20:00

• 3,000 won (1 person) / 6,000 won (2 people): per 1hour

- Baby Stroller Rentals: Free (Banpo Hangang Riv. Park Information Center)

*Directions

[Subway]

Dongjak Station (Seoul Subway Line 4), Exit 1 or 2.

Express Bus Terminal Station (Seoul Subway Line 3,7 or 9), Exit 8-1.

Go straight for 250m, and turn right at the Express Bus Terminal 4-way intersection. Continue going straight for 400m and cross the road. Go straight through the underpass to arrive at the park.

Nanji Hangang Park

The Reed & Wind Path is lined with silver grass, reeds, Cosmos (Mexican Assters), and willow trees.

*Address

Seoul-si Mapo-gu Sangam-dong 481 Hangang park Nanji camping site

*Homepage

hangang.seoul.go.kr (Korean, English)

*Introduction

As part of the Hangang Renaissance project, Nanji Hangang Park will be transformed into an eco-friendly theme park that should attract visitors from around the world.

The Park will feature the Nanji Eco-Wetland, Nanji Campground and a marina. Also, there will be a specially designed area where visitors can enjoy extreme sports such as inline skating and BMX. A riverside swimming pool, the Water Plaza, and a riverside stage will be set up as well. Visitors will be able to relax and take a leisurely stroll around the park.

The fully equipped Nanji Campground will open first in August 2009. The campsite is complete with all the items and facilities needed for camping, such as 24-hour-shower rooms, tents, and BBQ grills. This camping site is open to everyone.

*Operating Hours

11:00am ~ 10:00am (the next day)

Maximum Occupancy: 680 people

*Parking Facilities: Available

- Parking Fees - 3,000 won for a day(09:00-21:00) / free of charge for campers and after 21:00

*Admission Fees: 3,750 won (2,000 won for under 7s)

- Parking Facilities: Available

- Parking Fees - 3,000 won for a day(09:00-21:00) , free of charge for campers and after 21:00

*Directions

- Subway

Take subway line 6 to World Cup Stadium station. Go out exit # 1 and walk for 20 mins following the signposts to Nanji Hangang Park

- Bus

- Stopping at Mapo-gu office: Blue bus #161, #163, #601, #606 / Green bus #6711, #6714, #7614 / Red bus #9600, #9601, #9602

- Stopping at Mapo Welfare Center: Blue bus #171, #271 / Green bus #7011, #7012

- Stopping at World Cup Stadium or Mapo Market: Green bus #7714, #7715

*Shuttle Bus Services

Runs on Weekends and Holidays / 10:00 ~ 19:00 / departing every 15 mins

Shuttle bus route:

Hapjeong station line 2, exit #4 - Cheonggiwa filling station - Cheonggiwa weddinghall - Gyeongseong highschool - Seongmisan Mt. spring - Seongsan 2 bridge - Mapo-gu office - Mapo-gu office station line 6, exit #7 - The south area of World Cup stadium - The west area of World Cup stadium - Sky park - Naji ferry - Nanji Camping site - The Lawn plaza - Gukgungjang

** Shuttle bus only operates during peak season and routes and times are subject to change.

Gangseo Marsh Ecological Park

Home to diverse species of migratory birds, Gangseo Wetland Eco Park offers a mesmerizing sight of silver grass dotted with red and purple berries.

*Address

Seoul-si Gangseo-gu Gaehwa-dong 47

*Homepage

hangang.seoul.go.kr(Korean, English)

www.gangseo.seoul.kr (Korean, English)

*Introduction

The Gangseo Marsh Ecological Park is an eco-park located on the southern side of the Hangang River between Banghwa Bridge and Hangju Bridge. Established in July 2007, the park is partly comprised of low wetlands, freshwater lakes, and various aquatic plants. Eco-trails wind around the park through reeded areas, around willow trees, and past the migratory bird observation. At the park visitors can watch and learn about a variety of migratory birds during the summer and winter or join one of the park's organized eco-education programs.

*Parking Facilities: 55 spaces

Available Facilities

Bicycle lane, tents, snack bar, bicycle parking lot, soccer fields, basketball courts, gateball (croquet) court, track, and fishing area

Admission Fees : 3,000 won

Facility Utilization Fees

Bike rental: 3,000 won per hour

Directions: Banghwa Station (Subway Line 5) Exit 2 Take Gangseo Bus 06

Get off at the last bus stop, Ecological Park

Explore Korea's Seasonal Fall Foods: Blue Crab, Jumbo Shrimp, & Gizzard Shad



Korean Tourism Organization

With each of Korea's four distinct seasons, a different set of foods takes center stage on Korea's culinary scene. Autumn marks the season of the nation's three most popular kinds of seafood: blue crabs, jumbo shrimp (prawns), and gizzard shad. Plump blue crabs turn crimson as they sizzle to perfection in the pot and savory gizzard shads turn a tantalizing gold as they grill, bringing to mind the vibrant reds, yellows, and oranges of the autumn season. Add in the succulent taste of fleshy prawns and you'll experience the true flavor of Korean autumn. Of course, there's no better way to enjoy these seasonal treats than to head to the coast and enjoy your meal as you watch the setting sun cast its warmth upon the water.

Blue Crab: Delicious, Nutritious, & Reasonably Priced

Blue crabs are in season in spring and autumn. The abundant, creamy roe of the pre-spawning female crabs are best enjoyed in the spring, while the flaky, plump meat of the male crabs is a delicacy best enjoyed in autumn. Crabs are prepared in a variety of ways and can be made into spicy crab soup with vegetables and other seafood or steamed, shelled, and eaten plain. Seasoned raw crabs are also a favorite side dish for many Koreans. Whichever way you prepare them, the freshly caught crabs are a true seafood lover's delight.

Blue crabs are not only tasty, but are also packed with nutrients. The crab shell contains calcium and chitin and the meat has an abundance of essential amino acids and vitamins. In Korea, blue crabs are known to be effective in the prevention of geriatric diseases and aid in alcohol detoxification.

Jumbo Prawns: Feast for the Eyes & Palate

Jumbo prawns are a mouthwatering fall specialty to even the most discerning seafood connoisseur. Jumbo prawns caught at sea are not easy to find outside local fishing areas as these short-tempered shrimp die quickly after they're caught. Compared to farmed prawn, jumbo prawns caught at sea have longer antennas, thicker shells, and chewier meat.

You can eat them boiled, steamed, or fried, but for full flavor, heat a large pot, sprinkle it with coarse salt, and cook the live prawns for about 10 minutes. Take out the shrimp and let them cool for a minute before you start peeling. Each bite of these simply prepared prawns packs a wallop of flavor! If you prefer more seasoning, try dipping the prawns in a mixture of red chili-pepper paste and vinegar. Instead of throwing out the left-over shrimp heads, re-cook them for an extra crispy and delicious treat.

Anmyeondo Island & Namdanghang Harbor,

Home of Blue Crabs & Jumbo Prawns

Anmyeondo Island,

Korea's largest center for sea-caught jumbo prawns

Jumbo prawns netted from the clean waters off Anmyeondo Island are some of the most sought-after fall delicacies. During the annual Anmyeondo Beach Shrimp Festival in September, visitors can try jumbo shrimp at their peak along with a wide selection of seafood platters (blue crabs, abalone, etc.) at affordable prices.

Visitors can also enjoy sightseeing at nearby Baeksajanghang Harbor by Kkotji Beach, Sambong Beach, Anmyeondo Beach, and/or Anmyeondo Recreational Forest.

At Namdanghang Harbor in Hongseong-gun, Chungcheongnam-do, visitors can feast on tasty dishes made with fresh jumbo shrimp and blue crabs caught from Cheonsuman Bay. Though the prawns are available throughout the season, the mouth-watering, jumbo shrimp are particularly abundant during the Namdanghang Big Shrimp Festival, during which the shrimp measure an average of 20-27cm in length.

Gizzard Shad: Rich & Deep Flavor

In the fall, gizzard shads store up plenty of nutrients for the long, cold winter, making them stuffed to the gills with healthy oils and plenty of flavor! The best months to chow down on these delicious fish are between late September and early November. Larger gizzard shads are higher in fat, so make sure to pick a fish over 15cm to enjoy the fish's true taste.

There are many ways to cook and eat gizzard shads; slices of raw gizzard shads taste the best when wrapped in lettuce with chili and garlic. The spicy taste of a seasoned gizzard shad platter mixed with various vegetables and condiments is also a local favorite. However, the best way to cook gizzard shad is to take a whole fish, score it lightly, salt it, and put it on the grill. There's no need to debone it, so once it's done just take it in your bare hands and dig in!

'Hongwonhang Harbor,' Gizzard Shad Paradise

Hongwonhang Harbor in Seocheon-gun, Chungcheongnam-do is the best place to get a taste of gizzard shads in the fall. As Korea's largest gizzard shad trading center, the harbor was home to Korea's very first gizzard shad festival. To this day, visitors flock to the area every autumn to eat their fill of fresh fish.

Hongwonhang Harbor is a serene fishing village that offers up its charms throughout the year. The sight of the small boats coming in and out of the harbor and the rays of the setting sun reflecting off the red and white lighthouse make for a heartwarming scene well worth the visit.

추운 날씨 똑똑하고 안전하게 운동하기

글: 빌 고인스, 미 공군 제 8 의무 전대

번역: 장 미 공보관, 미 공군 제 8 전투 비행단 공보실

군산 미 공군 기지, 대한 민국 - 기온이 점차 내려가고 있고 조만간 눈이 올 것이다. 매년 이 시기가 되면 늘 들려오는 얘기들이 있다, “이번 겨울 너무 추워서 밖에 나갈 수가 없어 살이 찼다.”

아마 여러분들도 다음과 같은 얘기들을 들어본 적이 있을것이다, “폐에 무리가 가기 때문에 겨울에 밖에 나가 운동하는것은 좋지않다,” 또는 “자켓없이 밖에 나가면 폐렴에 걸릴 수 있다고 우리 엄마가 늘 말씀 하셨지.”

이런 종류의 근심 걱정은 당연한 것인데, 종종 미신에 의해 만들어 지기도 한다. 그러나 적절한 예방과 지식을 갖춘다면, 겨울에도 효과적으로 안전하게 운동할 수 있다.

추운날씨에 운동을 하는 사람들은 다음의 세 가지를 고려해야만 한다.

제일 먼저 고려해야 할 사항으로는 적절한 옷을 갖추입는 것이다. 추운 날씨에 운동할 때 어떻게 옷을 입는가는 이번 퍼즐의 가장 결정적인 조각이 될 수 있다. 추천해 드리는 방법은 최소한 세 겹의 옷을 입는것이다.

첫번째 입을 수 있는것(피부에 가장 첫번째 달는 옷)은 여러분의 피부에서 수분이 증발할때 수분을 빨아들여 통풍이 잘 되게 하는 폴리프로필렌과 같은 것이다. 수분을 흡수해서 피부로부터 차단시켜버리는 면제품을 기본 바탕옷으로 입는것은 좋지 않다. 모직이나 울 제품을 중간에 끼입어 주면 단열 효과를 볼 수 있다. 마지막으로, 제일 위에 입는 옷은 환경적 요인들을 막아주는 바람막이나 방수 제품이어야 한다.

여러겹 겹쳐있었을 때는 또한 너무 덥다고 느끼면 외투 하나를 벗어둘 수 도 있다.



많은 양의 열이 대부분 머리를 통해 손실이 될 수 있기 때문에, 적절한 모자를 준비해두는것 또한 중요하다. 마지막으로, 손과 발은 추위에 민감하게 영향을 받는데, 이는 여러분의 신체가 추운날씨에는 심장에서 가장 먼 부위인 손과 발로부터 피를 끌어당겨 심부체온 작용을 돕기 때문이다. 악천후에 대비하기 위해 반드시 장갑을 끼고,따뜻한 양말을 신어야 한다.

그럼 이제는 운동 전 준비운동 단계로 넘어가 보자. 많은 사람들이 생각할길 일단 추운날씨에 운동을 할 때, 지나치게 옷을 두껍게 입어서 예상보다 땀을 더 많이 흘린다고 생각한다. 외부로 나가기 전에 실내에서 짧고, 강도가 낮은 준비운동을 해야만 한다. 이런 준비운동을 해야만 여러분의 근육을 더 빨리 이완시키는데 도움을 주고, 여러분이 지나치게 옷을 꺼입었는지 아닌지를 가능하

게 해준다.

반드시, 반드시, 반드시 충분한 수분을 섭취해야 한다. 여름에 운동할 때 수분섭취하는것처럼, 겨울에 운동하는 동안에도 여러분의 신체는 체온과 신진대사를 유지하려고 한다. 효율적으로 신체가 체온과 신진대사를 유지할 수 있게 해주는 가장 중요한 요인들중의 하나가 바로 적절한 수분 공급이다. 여러분 몸무게에 맞는 적절한 수분 공급이 이루어져야 한다. 만약 당신이 68킬로그램 정도가 나간다면, 하루에 대략 2,24리터의 물을 마셔주어야 한다. 만약 오랜기간 동안 지구력을 요하는 운동을 하는 경우라면 그 이상의 물을 마셔주어야 한다.

겨울철에도 여러분이 늘 해오던 운동을 유지하는 것은 어려운 일이 아니다. 몇가지 안전 예방 규칙들을 꾸준히 따라준다면 일년 내내 운동을 즐길 수 있다.

연가를 기증하실 분을 찾습니다

오산 기지의 제 51 통신 대대에서 근무하는 김 지은(우편 서기 4 급) 씨가 2011 년 11 월 4 일 교통사고로 좌측 대퇴부 좌상과 요추 염좌로 고통받고 있습니다. 김 씨는 약 2 주간의 입원 치료를 받아야 합니다. 그 동안의 치료로 인하여, 김 지은 씨는 축적된 모든 병가와 연가를 사용해 버림으로써, 더 이상의 기간은 무급휴가로 처리되어야 할 입장에 처해 있습니다. 김 지은 씨에게 자신의 연가 일부분을 기증하실 분들을 찾습니다. 반드시 충당 자금직에서 근무하는 직원이어야 하며, 기증할 연가의 시간은 자신에게 축적된 총 연가의 시간내에서는 제한이 없습니다. 연가를 기증하실 분들은 주한 미군 양식 189EK-E(연가수령인에 기증할 연가기증 신청서)를 작성하여 인사처의 노사 및 인사관리과로 제출하시면 됩니다. 의문사항은 인사처의 김 선이씨에게 (전화 784-4434/8177) 문의 하시기 바랍니다.

영어공부방

-크림슨 스카이 공보실 제공-

11월 24일은 추수감사절입니다. 추수감사절의 유래와 영어표현을 알아보겠습니다.

<추수감사절의 유래>

1620년에 영국의 청교도 102명이 신앙의 박해를 피해서 'May Flower'호를 타고 신대륙 미국으로 건너가게 된다. 이들이 도착한 때는 마침 11월이어서 기후가 좋지않아 월동을 위해 집을 짓고 생활의 터전을 마련하느라 애를 쓸수 밖에 없었다. 이들의 고생하는 모습을 본 사모셀드라는 추장과 인디언들이 옥수수 등 먹을 것을 가져다 주면서 농사짓는 법도 가르쳤다. 인디언들로 부터 배운 경작 법으로 봄에 옥수수 씨를 뿌리고, 가을을 길렀으며, 가을엔 풍년으로 큰 수확을 거뒀다. 이 기쁨과 축복을 감사하기 위해 인디언들을 초청해 수확한 과일과 곡식을 나누어 먹은것이 추수감사절의 효시라고 알려졌다

표현

* Pumpkin pie is a traditional North American sweet dessert, a tradition during the fall and early winter especially for Thanksgiving and Christmas.

호박파이는 북미의 전통적인 단맛이 나는 디저트이다. 가을이나 이른 겨울 특히 추수감사절이나 크리스마스에 전통적으로 먹던 음식이다.

* Thanksgiving is celebrated on the fourth Thursday in November. 추수감사절은 11월 네 번째 목요일 입니다.

* When the Pilgrims first came to America, they went through many hardships. 종교의 자유를 찾아 영국에서 북미대륙을 찾아온 초기정착민들은 많은 어려움을 겪었습니다.

* Native Americans taught the Pilgrims how to survive. 북미원주민들이 이 초기정착민들에게 살아 남는 방법을 가르쳐 주었습니다.

* The Pilgrims invited their Native American friends to their party. This was the first Thanksgiving and was celebrated in 1621. 1621년 이웃 인디언들을 초대해서 파티를 했던 것이 추수감사절의 유래입니다.